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Making Strides - Page 35**

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Cleanup Saturday - Page 36**

Thursday 5-4-23

The Quincy Sun



Quincy's Hometown Weekly Newspaper Since 1968

VOL. 55 No. 33 Thursday, May 4, 2023 \$1.50



VIETNAM VETERANS MEMORIAL Clock Tower in Marina Bay bears the name of the 50 men from Quincy who died as a result of the Vietnam War. The city held a ceremony at Marina Bay on April 27 to honor the men and women of the city who served in the war. The ceremony has been an annual event since the clock tower's dedication in 1987.

'They Will Be Forever Remembered And Treasured'

By SCOTT JACKSON
Veterans from Quincy and beyond gathered at Marina Bay to remember those who were killed decades ago in the Vietnam War, pledging never to forget those who paid the ultimate sacrifice while serving their nation.

Some 100 people were on hand the afternoon of April 27 as the city honored its veterans of the Vietnam War. The half-hour ceremony, typically held at the memorial clock tower that honors 50 veterans of Quincy who died as a result of the war, was moved to Port 305 because of rain.



ROBERT LaFLEUR, a past commander of the Quincy Veterans Council, sounds "Taps" during the ceremony to honor the city's veterans of the Vietnam War. This year's event was moved indoors because of rain.

\$10 Million Sought For Sewer Work

By SCOTT JACKSON
A proposal to borrow \$10 million from a special state fund (SRF) for sewer rehabilitation work next year cleared its first hurdle Monday evening.

City councillors passed the \$10 million request out of finance committee by voice vote on Monday, one week after Mayor Thomas Koch introduced the item. A final vote by councillors could come as soon as May 15; the item could not be approved by the full council this week because of advertising requirements.

The \$10 million would come from a state revolving fund (SRF) for sewer rehabilitation work. Through the state program, Quincy will be eligible for principal forgiveness of 6.6 percent, reducing the principal paid back by \$660,000, Public Works Commissioner Al Grazioso said. In addition, because Quincy is a housing choice community, the city is eligible for an interest rate of 1.5 percent rather than 2 percent, saving \$580,000 over the 20-year payback period.

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Raises For Dept. Heads Recommended

And Other Non-Union Appointees

By SCOTT JACKSON
A new report recommends raises for a number of the city's department heads and other non-union appointees.

It has not been determined whether those raises will be included in the budget proposal Mayor Thomas Koch will unveil on May 15, according to his chief of staff, Chris Walker.

The city contracted with Minnesota-based Gallagher Human Resources & Compensation Consulting to conduct the compensation study. The findings of the study were provided to the City Council on April 24.

Mike Verdoorn, a managing principal with the consulting firm, said the company conducted a survey to collect compensation data from comparable communities across the state. The company also used data from several published surveys that include both public and private sector positions; he said private sector data was used for positions like finance, human resources and information technology, because those positions exist in both the public and private realms.

The data was used to calculate the 25th, 50th and 75th percentile of base salary for each position, Verdoorn said. He said the company was able to collect enough data do that for 61 of the 86 job titles it had been

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Mental Health Awareness & Mindfulness - Page 9

**More Quincy news visit:
The Quincy Sun.com**

Interfaith Social Services Announces New Board Appointments

Interfaith Social Services recently elected new officers and voted in new board members to their Board of Directors. Board member Jay Marvin, of Hingham, was elected president for a two-year term, ending in 2024.

Interfaith Social Services operates one of Greater Boston's largest emergency food pantries, a mental health counseling center, Thrift Shop and homelessness prevention program. Since 1947, Interfaith Social Services has been a safety net for thousands of children and families from the South Shore who are struggling to make ends meet.

New president Jay Marvin is retired after working as Group Vice President of Global Transformation at Sodexo and has partnered with Interfaith as a volunteer and board member since 2014. Marvin was the Cross Divisional VP of Growth and Marketing in the US for many years previous to his global role. He traveled and worked in many countries but spent a considerable amount of time in France. Jay also served on the board of Sodexo's Stop Hunger organization.

"Volunteering at Interfaith provided me with an



JAY MARVIN, of Hingham, pictured here volunteering in the Food Pantry at Interfaith's recent Board In-Service Day, has been named President of Interfaith Social Services' Board of Directors.

Photos courtesy Interfaith Social Services

understanding of how people use our services and their appreciation of us," said Marvin. "We were there when their needs were real."

Prior to joining Interfaith's board, Marvin volunteered in a variety of capacities within the organization. He volunteered with

Interfaith's food rescue program, collecting thousands of pounds of food each day from area supermarkets, and served in Interfaith's food pantry distributing food to clients. The experience gave Marvin a comprehensive perspective of Interfaith's operations.



INTERFAITH SOCIAL SERVICES board members (from left) Barbara Caron, of Hingham, Gillian Grossman, of Hingham, and Cindy Brandi, of Quincy, recently volunteered in Interfaith's Food Pantry as part of a Board In-Service Day.

"Working in the food pantry gave me a glimpse at the diversity of our customer base and the dynamics of their different needs," said Marvin. "I believe that we all need help at certain times in our lives, some a lot more than others. There should be places where people can go to get the help they need and Interfaith Social Services is such a place."

During his term, Marvin hopes to make progress on long-range planning with a focus on funding and maintaining the effectiveness of the organization's strategic plan. One of his main goals is to ensure that Interfaith's programs continue to meet

the changing needs and desires of clients.

Interfaith's board has also voted in three new members for 2023: Bill Blackmer, Roberta Ferguson-Gregg, and Maddy Gabor.

Blackmer, of Weymouth, is a Senior Manager at SunLife. He found Interfaith years ago and appreciates the opportunity to give back.

Ferguson-Gregg, of Weymouth, is recently retired from a 47-year career at Stop and Shop. As a longtime volunteer with Interfaith's food pantry and Help for the Holidays program, she turned her vocation of selling food into an avocation of providing food to the

food insecure.

Gabor, of Quincy, is the co-founder and CEO of this.us.now., a professional education and organizational development company that helps individuals, businesses and nonprofits work with better information and more joy. She joins the board after regularly volunteering in the food pantry for several years.

Interfaith Social Services invites members of the public interested in joining the Board of Directors or becoming a regular volunteer to email info@interfaithsocialservices.org or 617-773-6203 ext. 17.



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Granite Workers Museum Participating In Cleaner, Greener Cleanup Saturday

The Quincy Quarry and Granite Workers Museum will participate in Quincy's Cleaner Greener Day on Saturday, May 6th from 9 a.m. to noon.

This year's cleanup will be at the historic Lyons Turning Mill. The mill was built in 1893 by James Lyons and produced stone products that included monolithic columns, drum

columns, urns, balusters, balls and other cylindrical stone products. The mill also produced monumental and architectural stone products. The mill was equipped with lathes capable of turning a column 4 feet in diameter and 30 feet in length and polishing lathes of the same size.

The cleanup will consist of raking and bagging leaves and a general cleanup of small fallen tree branches. Come help with the cleanup and learn about Quincy's granite history.

The Museum will also be open for a self-guided tour to view pictures and artifacts from Quincy's granite industry. Museum members

will be on hand to answer questions and Quarry Museum T-shirts will be on sale to help support the museum.

Directions: Curry's Hardware, at the intersection of Copeland and Willard Streets, West Quincy. Proceed under expressway on Willard Street stay to right to stop sign, the U.P.S. building will be on the other side of ramp. Proceed with caution across ramp onto Ricciuti Drive to end and right on to Quarry Hills Drive. Turning Mill will be 100 yards on left.

Visit the museum website www.quincyquarrymuseum.org.

For more information call 617-472-1322.

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Multicultural Festival At Fore River Field May 13

The Quincy Multicultural Festival is back for its second year to continue the celebration of the city's vibrant diversity.

The Quincy Multicultural Festival in collaboration with the Quincy Public Schools is hosting a Multicultural Festival on Saturday, May 13 from noon to 4 p.m. at Fore River Field, Quincy.

For this year's Quincy Multicultural Festival, Quincy families across 30-plus countries will showcase their cultures through table displays, dance performances, music, and more. There will be families representing Brazil, Bulgaria, Canada, Cape Verde, China, Columbia, Dominican Republic, Greece, Guatemala, India, Indonesia, Ireland, Italy, Jamaica, Korea, Mexico, Morocco, Myanmar, Nicaragua, Nigeria, Peru, Philippines, Portugal, Romania, Russia, Saudi Arabia, Scotland, Singapore, Sri Lanka, Switzerland, Taiwan, Ukraine, Vietnam, and more.

The event will feature

performances from Boston Chinese Dance School, Brady Academy of Irish Dance, Vietnamese Step Dance, Wah Lum Kung Fu and many Quincy Public Schools students displaying their talent through singing, dancing, and playing instruments.

The festival will also have culturally diverse food from food trucks like Gonzalez, Chicken & Rice Guys, Wanderlust, Mom on the Go, Yai's Thai Kitchen, and Tiranga Indian Street Food will host a live Indian food counter. Kids and adults will have the opportunity to participate in cultural games, activities, and crafts, or get a free henna tattoo. Raffle tickets will also be sold to win fun prizes that Quincy businesses and community members have generously donated.

Along with the tables showcasing cultures, there will also be local organizations at the event. Families will learn more about what they do for our community. Attendees can visit tables from social organizations

like QARI (Quincy Asian Resources Inc.), BCNC (Boston Chinatown Neighborhood Center), Walker Therapeutic, Norfolk County Sheriff's Office, Thomas Crane Public Library, South Shore Mental Health, Asian Women for Health, and Quincy Votes! as well as parent organizations, like ELPAC (English Learners Parent Advisory Council) and QPAC (Quincy Parent Advisory Council to Special Education).

Quincy Multicultural Festival is an opportunity for QPS families to showcase their cultures and connect with families across the city and cultures. Festival attendance is free and open to the public, and everyone is welcome to be part of this celebration.

For festival updates and more information, follow the Quincy Multicultural Festival on Facebook @Quincy Multicultural Festival and Instagram @quincy_multicultural_festival.



FRIENDS OF SOUTHER TIDE MILL will participate in the city-wide Cleaner, Greener Quincy cleanup Saturday, May 6 from 9 a.m. to noon. The Friends invite the public to help clean, plant flowers and spruce up the historic site that is located at 622 Southern Artery, Quincy.

Courtesy Photo

SAL Memorial Day Observance May 21 At Flags For Veterans Island

Squadron 294 of the Sons of The American Legion, Cyril P. Morrisette Post, Quincy, will hold its annual commemorative ceremony for Memorial Day on Sunday, May 21 at 1 p.m. at Flags for Veterans Island,

Fort Square, Quincy.

Keynote speaker will be Lt. Cmdr. Alicia J. Ping, United States Navy. Lt. Cmdr. Ping is the commanding officer of the Naval Reserve Center, Quincy and a Naval Aviator with over 20

years of service since her graduation from Rensselaer Polytechnic Institute.

The public is encouraged to attend to honor all who made the ultimate sacrifice for our freedom.

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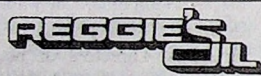
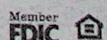
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(USPS 453-060)
Published Weekly on Thursday by
The Quincy Sun Publishing Co., Inc.
1372 Hancock St., Quincy, MA 02169

Robert H. Bosworth
Editor and Publisher

Henry W. Bosworth, Jr.
Founder - 1968
Editor and Publisher
Sept. 26, 1968 - Feb. 7, 2009

\$1.50 per copy newsstand • \$40 per year in Quincy
\$42 per year by mail outside Quincy • \$50 out-of-state

Telephone: 617-471-3100 Fax: 617-472-3963

online at: www.TheQuincySun.com
email address: thequincysun@verizon.net
Circulation Dept. email address:
quincysunsubs@gmail.com

Periodicals postage paid at Boston, MA
Postmaster Send address change to:
The Quincy Sun, 1372 Hancock St., Quincy, MA 02169

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Moments in time

THE HISTORY CHANNEL

• On May 20, 1609, Shakespeare's sonnets were first printed in London by "procureur of manuscripts" and publisher Thomas Thorpe. While it is unclear how he acquired the manuscript, it may have been an illegal copy, and was apparently issued without the Bard's permission, causing some damage to Thorpe's reputation.

• On May 17, 1861, the first color photo, of a tartan ribbon, was taken by Thomas Sutton and Scottish mathematical physicist James Clerk Maxwell, by photographing it three times through red, blue and yellow filters before combining the images into a single color composite.

• On May 21, 1881, former schoolteacher, patent clerk and later pioneering nurse Clarissa Harlowe Barton, better known as Clara Barton, founded the American Red Cross. She served as its president for 23 years before retiring in 1904 at the age of 83. She was posthumously inducted into the National Women's Hall of Fame in 1973.

• On May 16, 1947, singer Billie Holiday was arrested at her New York apartment on the charge of narcotics possession. When it came time to appear in court, her attorney advised her to plead guilty, thinking she'd likely be placed on probation and taken to a hospital for addiction treatment. She was instead sentenced to a year and a day in prison.

• On May 18, 1974, India conducted its first successful nuclear bomb test. The mission's code name was "Smiling Buddha." The bomb was detonated on the army base Pokhran Test Range under the supervision of several key Indian generals.

• On May 15, 1990, the "Portrait of Dr. Gachet" by Vincent van Gogh was sold for \$82.5 million in just three minutes, becoming the most expensive painting ever sold at an auction. The artist had lived with Gachet following a spell in an asylum, and Gachet cared for van Gogh during the last months of his life.

• On May 19, 1996, the Space Shuttle Endeavour launched from the Kennedy Space Center in Florida on its 11th mission. In 10 days and 40 minutes, the shuttle completed 161 revolutions and covered a total distance of more than 4 million miles before landing.

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The Garden Bug

These broadleaf evergreen shrubs can be grown outdoors year-round in warmer climates, growing as high as 10 feet. Abutilon plants like full sun to partial shade and rich soil. They bear large flowers that can be red, salmon, pink, yellow, orange, white or bicolored.

Abutilon

Northern gardeners may wish to keep abutilon in containers outdoors during summer, then bring them indoors before the first frost. When keeping them indoors, keep the light exposure and watering levels moderate. You can battle any pests seen on your abutilon by spraying neem oil on main trunks and stems. - Brenda Weaver

Source: www.thespruce.com

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Four Ways To Be Proactive About Brain Health During Older Americans Month

As part of Older Americans Month this May, the Alzheimer's Foundation of America (AFA) is offering four ways to help older adults be proactive about their brain health.

"Just as with other facets of our health, lifestyle choices have an impact on our brains," said Jennifer Reeder, LCSW, AFA's Director of Educational and Social Services. "As we celebrate aging and the valuable contributions older adults make to our communities during Older Americans Month, it's also a great time to remind older adults about proactive steps they can, and should, take to protect their brain health."

AFA offers the following four steps to help older adults be proactive about their brain health:

• **Get a memory screening** - Memory impairments are not a normal part of aging; they can be caused by a number of different conditions, which is why early detection of memory impairments is essential. Memory screenings are quick, noninvasive screenings that should be part of everyone's health and wellness routine, even if you're not currently experiencing memory issues. AFA offers free virtual memory screenings every weekday, with no minimum age or insurance prerequisites—visit www.alzfdn.org or call AFA at 866-232-8484 to learn more about getting a free virtual memory screening.

• **Try something new** - Learning new things helps exercise and strengthen your brain. Whether it's taking a class,

trying a new activity, or something else that you've never experienced before, forcing your brain to think outside of its normal routine provides valuable cognitive stimulation.

• **Socialize and connect** - Social interaction and maintaining an active social life are very important for brain health, cognitive stimulation, and mood. Prolonged social isolation and loneliness are detrimental to your health and can actually increase risk for a number of different health conditions, including dementia-related illnesses, heart disease, and stroke, according to the Centers for Disease Control and Prevention (CDC). Spending time with loved ones and friends, participating in group activities, and getting involved in local community groups are all ways to connect with other people, keep your brain active, and help you feel more engaged with the world around you.

• **Be physically active** - Physical activity and exercise increases blood flow to the brain and can also help improve mood and overall wellbeing. It can also reduce stress, improve sleep quality, and decrease cardiovascular risk factors, all of which benefit brain health. Whether it's brisk walking, jogging, aerobics, weight training, swimming, or playing sports, make it a point to be active!

Individuals who would like to learn more about healthy aging, brain health, or memory screenings can contact the Alzheimer's Foundation of America's Helpline by phone (866-232-8484), web chat (www.alzfdn.org), or text message (646-586-5283) seven days a week, or visit www.alzfdn.org.

Not Every Runny Nose Is An Allergy

By Dr. ANA STANKOVIC

Chief Medical Officer

UnitedHealthcare of New England

It's allergy time in New England, but not every runny nose is an allergy. Nor is it necessarily the common cold, or even COVID-19. It may be non-allergic rhinitis causing chronic sneezing, congestion or a runny nose. Understanding the difference is important for treatment.

Non-allergic rhinitis, sometimes called vasomotor rhinitis, doesn't involve our immune system reacting to an allergen. Rather, non-allergic rhinitis is thought to result from environmental irritants—think smoke or smog in the air—or even just overusing nasal allergy medicine. In fact, in a lot of cases, the true cause can't even be pinpointed with certainty.

Non-allergic rhinitis can cause chronic sneezing, congestion, or runny nose, symptoms similar to those of hay fever (otherwise known as allergic rhinitis), and other conditions, including the common cold, and even COVID-19, so it can be difficult to tell what condition you're dealing with – and

what treatment you should seek.

Generally, colds cause comparatively mild symptoms, and typically don't result in serious complications. A runny or stuffy nose is a prevalent sign of having a cold. Plus, with a cold, your symptoms usually reach their peak within three days. Worried it may be COVID-19? Sneezing is common for both non-allergic rhinitis and for an airborne allergic reaction, though much more rare in cases of COVID-19.

Neither seasonal allergies nor nonallergic rhinitis can be cured, but many people find relief by avoiding triggers, using a saline rinse solution or by taking over the counter or prescription medications. And because the symptoms are so similar between non-allergic rhinitis and allergic rhinitis, allergy testing is often recommended to rule out the latter.

As with all health concerns, seeking an accurate diagnosis is important to manage your condition appropriately. Talk to your doctor about your symptoms, and they will help you find the right course of treatment—whether that's prescribed medication, recommending an over-the-counter nasal spray, or just plenty of rest.

Veterinarians Support Massachusetts Ban On Declawing Cats

Massachusetts Bill S.190, introduced by Senator Mark Montigny, hopes to ban the practice of cat declawing in the state, following in the footsteps of New York and Maryland. Veterinarians in Massachusetts are enthusiastic about this much-needed regulation to protect cats and they're urging the Massachusetts Veterinary Medical Association (MVMA) to support the bill.

The bill does allow for declawing for therapeutic reasons, such as removing a cancerous growth from a cat's toe. Those who violate the law "shall be punished by a fine of not more than \$1,000 for a first offense, by a fine of not more than \$1,500 for a second offense, and by a fine of not more than \$2,500 for a third or subsequent offense."

When New Hampshire's declaw ban passed the House vote on March 16th, Dr. Martha Smith-Blackmore, founder of Forensic Veterinary Investigations near Boston, said in a tweet, "May Massachusetts be next!"

Many veterinarians support bans on declawing because of research that shows how damaging declawing procedures can be both on a cat's mental health and their ability to remain cared for by their guardians. One study showed 33% of cats suffer at least one behavioral problem after declaw or tendonectomy surgery—17.9% of declawed cats show an increase in biting, with 18.5% of declawed cats more likely than non-declawed cats to bite, while 15.4% would not use a litter box.

Dr. Nicholas Dodman, Professor Emeritus and founder of the Animal Behavior Clinic at Tufts University, strongly advocates for legislation that would prohibit declawing cats.

He remarks, "I know many young veterinarians might feel pressured by their older bosses to yield to their client's demands to declaw. They could use the backing of legislation so they no longer have to waste time with these emotionally taxing conversations."

Dr. Crystal Heath, a co-founder of the veterinary advocacy group Our Honor, agrees with Dr. Dodman's support of the bill. "It's been over 20 years since the first declaw ban was introduced in Southern California," says Dr. Heath, and "now we have data showing that declaw bans don't result in an increased number of cats relinquished to the shelter." She points to a 2022 study (<https://pubmed.ncbi.nlm.nih.gov/34514907/>) that found no rise in cats being surrendered to the shelter system after a declaw ban was enacted. "Many cats I see at the shelter are declawed and the reason they end up being relinquished is because of the biting and house soiling that is so often a side effect of declawing."

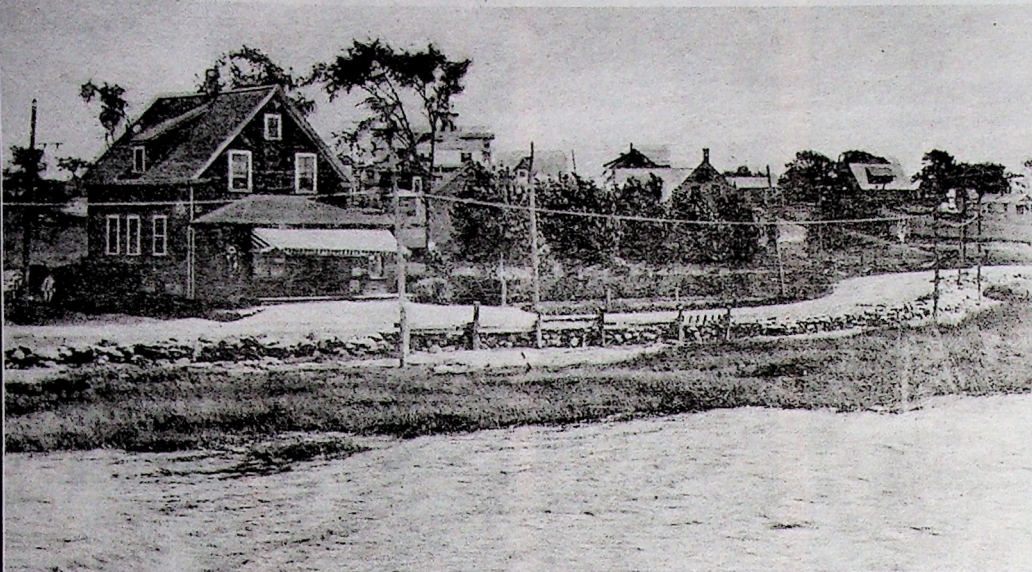
According to Alley Cat Allies, at least 42 countries have made declawing illegal. The practice has also been banned in two states, and over a dozen municipalities.

Drs. Dodman and Heath are urging those who want to support the bans to visit <https://malegislature.gov/Search/FindMyLegislator> to find contact information for your representative and tell them you support S.190.

More Quincy news:

The Quincy Sun.com

Scenes From Yesterday



SHORE SCENE AT SQUANTUM, MASS.

THIS IS A 1920 POSTCARD shore scene along Dorchester Street when Squantum was still a summer day trip destination. On the left was the Friberg Grocery Store on the corner of Trevor Street. Alfred and Hilma Friberg operated this store for almost 40 years from 1915 into the 1950s. Beginning in 1897, electric trolleys ran along this street from the Atlantic railroad depot bringing visitors to Squantum Park for its cool breezes and panoramic views of Boston Harbor. Just out of sight on the left on Shoreham Street was the Squantum Inn

that opened in 1898 and quickly became famous for its locally caught shore dinners. In the top center behind the tree can be seen the large cupola on the top of the old Pratt Estate on Parke Avenue. That house became Lee's Inn, also a popular shore side restaurant. This view was from a boathouse on the end of the pier that at the time extended out into Dorchester Bay for the excursion steamboats that came over from Marine Park in South Boston.

From the Tom Galvin Postcard Collection

'Exploring Squaw Rock/Nickerson Rock' May 12

The Department of Natural Resources Environmental Treasures program is offering a free tour entitled "Exploring Squaw Rock/Nickerson Rock" to the public on Friday, May 12 at 1 p.m.

Led by Maura O'Gara, the tour will investigate the nooks and crannies of this fascinating park, including a secret beach, one of the best picnic spots in Quincy, a monument to Squanto and Myles Standish, the remains of a Nike site, great views of Boston and the Harbor Islands and much

more.

The terrain is hilly and involves walking on sandy and rocky beaches, hiking trails and grassy slopes. The tour is one and a half miles and will take roughly 1 1/2 hours.

Space is limited and registration is required by emailing sowen@quincyma.gov. For the safety of dogs and humans, dogs are not permitted on the tour.

Meeting place and other details will be provided upon registration.

READERS FORUM - MORE ON PAGE 25

Lack Of Transparency Becoming A Habit

The April 24th City Council meeting included a Resolve concerning the Ruth Gordon Amphitheater. It was written by the Ward 5 City Councillor, Chuck Phelan, and signed by all, but two city councilors. The Resolve opposed the demolition of the amphitheater and called for the Department of Natural Resources to repair and renovate it for a rededication on its 40th Anniversary in 2024. All the city councilors voted yes on that Resolve at the meeting.

James Devine (Ward 4) talked positively about the RGA community meeting. Anne Mahoney (Councillor at-Large) supported more transparency in the government. Please note, there were no well-advertised public meetings about the filling of the amphitheater or about any of the work at Pageant Field. Further, not even the City Council were told about work at Pageant Field.

Then Christopher Walker, the Mayor's Chief of Staff, spoke. He denied that

this was ever a secret and further they were not necessarily going to fill the amphitheater. During his little speech, there was a mild uproar about dishonesty. Yes, we spoke out of turn, but it takes an awful lot to be heard in Quincy.

After the meeting, I spoke to Chris Walker, at which time he told me that a request for bids to fill the amphitheater didn't mean that the amphitheater would be filled. Huh? Filling the amphitheater was taken out

of the request three days before the bids were due. I was a contractor for many years and what is included in a request for a bid is serious. A Request for a Bid is not where you "float" an idea about doing something. You "float" ideas at well-advertised meetings, in social media, in local newspapers, on city websites.

This total lack of transparency is getting to be a habit in Quincy. The Quarry Hills lease, the purchase of the Munroe Building, the

Marina Bay Admiral memorial, the Pine Island bridge, a Justice and Equity Department, developer and development related contributions, etc. etc. etc. are all examples of a lack of transparency.

I have lived here for close to 50 years. What are our politicians thinking? Transparency—yes, but honesty would be a great beginning.

Kathy Thrun Nason
Wollaston

Quincy's Yesterdays

This Week
1970
53 Years Ago

Houghs Neck Youth Center In Jeopardy For Lack Of Funds

Do you care – really?

The future of a Houghs Neck youth center, recreational, social focal point for area youngsters and a living memorial to a Vietnam hero, is in grave doubt.

Unless financial aid comes from the community, the Sgt. Lawrence Grenham Youth Center, named after the first Houghs Neck boy to give his life in Vietnam, will soon be gone.

It doesn't have to happen. And, it won't – if you really care.

The youth center, located in a former bakery at 1213 Sea Street, came into existence 16 months ago. It was born in the sweat, muscle and desire of 40 to 50 teenagers and a few adults and \$12.36.

The building has been rented at \$90 a month; the owner has indicated that he will sell it.

Plans for a fundraising drive are underway, with Leo J. Kelly, 29 Charles Street, as chairman. Letter of appeal have gone out to Houghs Neck residents and city officials.

GRACE KELLY EARNS MASTERS DEGREE

Grace Kelly, wife of Quincy School Committee Member Paul C. Kelly, mother of three, and active civic worker, was scheduled to receive a master's degree in education from Boston State College after six long years of night school.

Mrs. Kelly has been active in the Willard School PTA and was co-chairman of the St. Mortiz Association's recreation committee.

QUINCYISMS

The North Quincy High School graduating class has requested permission to leave school May 15 to get three weeks head start in trying to find jobs... **William J. Callahan**, Chairman of the Quincy Board of Assessors, was scheduled to be the guest speaker at the Quincy Taxpayers Association's May 12 meeting. Mr. Callahan's subject is to be: "Values and Current Trends Affecting Property Assessments"... The Quincy Fireman's Relief Association held its 84th annual ball at the Neighborhood Club of Quincy. The reception committee included: **Chief Edward Barry**, Association President **Americo Speranzo** and **Rev. Chester A. Porteus**, Fire Department Chaplain... Colpitt's Travel Center, 1550 Hancock St., says, "Just Pick a Place, We Take Care of the Details, From Hotels to Tours"... **Mr. and Mrs. Walter Norling**, 13 Greystone St., West Quincy, celebrated their 50th wedding anniversary at a reception attended by relatives and friends at the Morrisette Post. The Norlings have three children and seven grandchildren... **Rev. John J. O'Connor**, a curate at St. Ann's Church, Wollaston from 1960-1965, celebrated his 25th anniversary as a priest. He had served for the past five years at Sacred Heart Church, Weymouth Landing... Shipbuilders Cooperative Bank, 1 Granite Street, Quincy Center, was advertising Savings Certificates "At The Record High Dividend Rate of 5 1/2 % Per Annum"... Hancock Tire and Appliance, 115 Franklin Street, South Quincy, was offering: "Automatic G-E Washers and Dryers for Perfect Laundering"... Used Cadillac's, 1967-1969 models were available at Rudy's Service, 68 School Street... Brett's Package Store, 205 West Squantum Street, Montclair, says, "You Will Do Better at Brett's, A Full Quart, Regal Club, Whiskey, Gin and Vodka for \$4.19"... Quincy Lodge of Elks Exalted Ruler **Richard J. McCormick** reported that City Councillor **Albert Barilaro** and retired Police Officer **Leighton Rogers** took top honors in the Elks month-long auction bridge tournament... **Dr. Carol Lee Griffin**, director of Pupil Personnel for the Quincy School Department, was scheduled to speak to the Wives and Mothers of St. Chrysostom's Church, Wollaston on May 13. Her topic: "A Drug Treatment Center"... The General Dynamics Quincy Shipyard had job openings for 100 pipefitters and 150 ship fitters. Interested parties could apply at the Shipyard office... **Charles T. Gallagher**, manager of the Quincy Sears, Roebuck Store, took office as president of the Quincy Merchants Division of the Chamber of Commerce. **Roger Perfetti** of Norfolk County Trust Company was treasurer... **Ann Franklin** of Quincy High School and **William Flanagan** of St. Mary's School had won first prize awards of \$75 Savings Bonds in the "Loyalty Day" essay contest sponsored by the George F. Bryan VFW Post.

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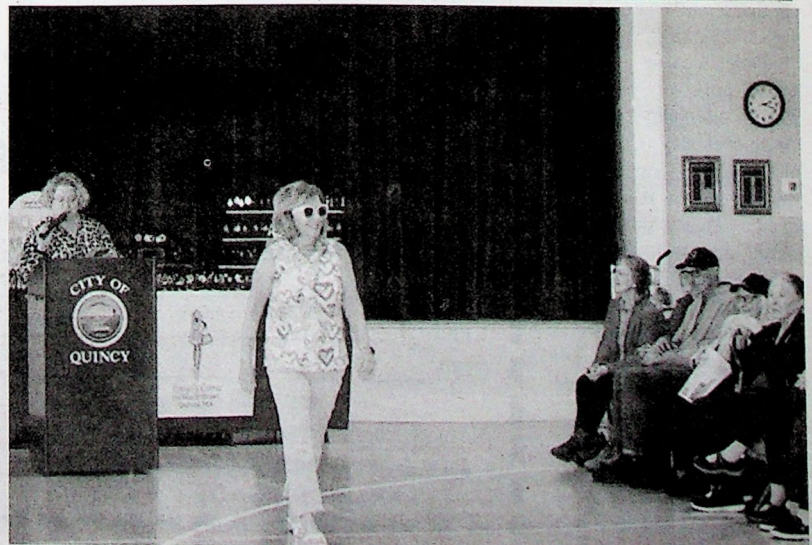
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Caryn's Corner Fashion Show At The Kennedy Center



CARYN'S CORNER located at 133 Beach St., Quincy recently held a fashion show at the Kennedy Center with local women showcasing the spring/summer collection. Caryn's Corner volunteers to host fashion shows semi annually at the center. Taking part in the fashion show (front row, left to right): Dolly Di Pesa, Sharon Traft, Kathryn Hubley. Second row: Jenn Ormond, Gail Callahan, Caryn Smith, Cindi Dugan, MaryLou Fishman. Back row: Donna Manzi, Joan Perrow, Sally O'Connor, Maureen Conway and Helen Shiner.

Photos Courtesy Caryn Smith/Caryn's Corner



Tips for Designing, Maintaining A Low-Maintenance Garden

By MELINDA MYERS

Don't let your spring garden enthusiasm lead to overplanting and the creation of a summer gardening nightmare. A design with maintenance in mind and some strategic care can help reduce the time you spend managing your gardens and landscape.

Consider using fewer plant species when designing perennial flowerbeds. Increase the number of each to boost the visual impact of the garden and reduce maintenance. You'll have fewer species to manage, identify and differentiate from the weeds as they emerge in spring.

Select plants suited to the growing conditions and that do not require deadheading and staking. Avoid pest- and disease-prone plants as well as those that quickly multiply and overtake neighboring plants and the garden bed.

Design garden beds with gentle curves and avoid tight spaces that limit access and will make managing the surroundings difficult. Make sure all parts of the garden can easily be reached for planting, weeding, harvesting, and care. Add a path of wood chips or a few steppers, like Leaf Stepping Stones, to large garden beds as needed for easier access.

Reduce watering needs by growing plants suited to your area's normal rainfall. Group moisture-loving plants together to minimize the amount of water used and time spent watering. Enlist the help of soaker hoses or drip irrigation like the Snip-n-Drip Soaker system (gardeners.com) when watering is needed. This irrigation system applies water to the soil where needed and can be cut with scissors to fit any garden that is planted in rows.

Reduce watering frequency, suppress weeds, and improve the soil with the help of organic mulches like leaves, evergreen needles, and wood chips. You'll gain multiple benefits with this one task. Spread a one- to two-inch layer of mulch over the soil surface. Pull it away from tree trunks, shrub stems and off the crowns of flowering plants and vegetables. The finer the mulch material, the thinner the layer of mulch you'll need.

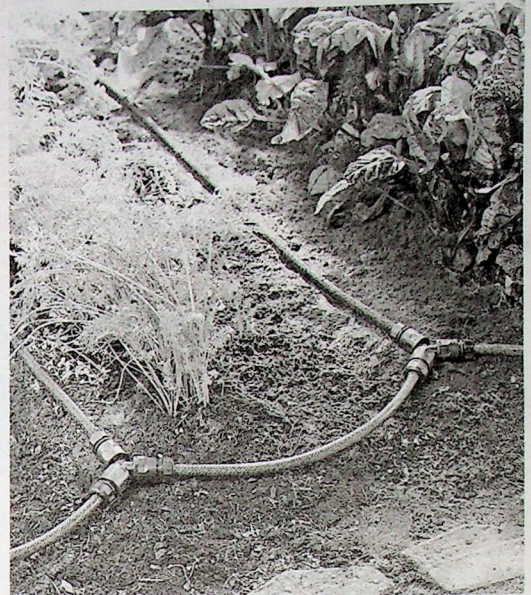
Slow the infiltration of grass and weeds into garden beds and eliminate the need to hand trim with a bit of edging. Use a shovel to dig a V-shaped trench around the perimeter of the garden edge. Fill this with the same mulch used in your flowerbed to create a mowing strip around the garden bed.

Join forces with neighbors and rent an edging machine for the day or weekend. These machines can make it easier and quicker to accomplish this task. With a shared rental, you all save money and no one has to maintain and store the equipment.

Keep tools handy to save time and energy spent retrieving forgotten tools from the shed or garage. Weather-proof garden tool bags with multiple compartments make it easy to organize, store and carry hand tools, plant tags, gloves, and other small items to the garden. Or store them right where they are needed. Convert an old mailbox or invest in a small storage container like the waterproof Galvanized Garden Tool Storage Box. Mount it on the end of a raised bed, fence, or post to keep small tools, gloves, safety glasses, and more in a handy location.

Use carts, wagons, or a gardener's summer sled when moving large or heavy loads. You'll be able to accomplish the move with fewer trips and less muscle strain.

Take time this season to implement a few of these strategies. A few changes can save you time that you



SNIP-N-DRIP irrigation systems apply water directly where it is needed and fit any garden planted in rows.

Photo courtesy of Gardener's Supply Company/gardeners.com

can instead spend relaxing, enjoying, or adding more gardens.

Melinda Myers is the author of more than 20 gardening books, including *Small Space Gardening* and *Midwest Gardener's Handbook*, 2nd Edition. She hosts *The Great Courses* "How to Grow Anything"

instant video and DVD series and Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and was commissioned by Gardener's Supply for her expertise to write this article. Her website is www.MelindaMyers.com.

Taylor Kinsley In Education Honor Society

Curry College recently welcomed Taylor Kinsley of Quincy into the Education Honor Society, Pi Lambda Theta.

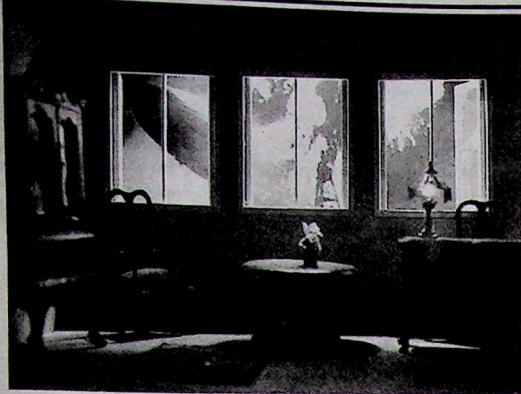
PLT was founded in 1910. Its mission is to honor outstanding educators and inspire their leadership on critical education issues.

The most selective society of its kind, PLT extends membership to students and professionals who satisfy academic eligibility requirements and have demonstrated characteristics of scholarship, leadership, and service.

Cindy Trac Receives WPI Leadership Award

Cindy Trac of Quincy, a member of the Class of 2023 at Worcester Polytechnic Institute, was recently awarded WPI's Crimson and Gray Award during its annual Student Recognition Awards ceremony.

This particular award recognizes students who demonstrate outstanding leadership abilities within the WPI community and acknowledge the significant contributions they have made to improve the quality of student life at the university.



MILTON PUBLIC LIBRARY is hosting a photography exhibit in its Wotiz Gallery during the month of May called: "The Hindenburg - Horrific Beauty Surreal." Courtesy Photo

'The Hindenburg - Horrific Beauty Surreal' At MPL

The Milton Public Library is hosting a photography exhibit in its Wotiz Gallery during the month of May called: "The Hindenburg - Horrific Beauty Surreal."

The photographer is David Stokle who is an artist in residence at the Walter Baker Artists' Lofts in Dorchester. This display is somewhat unusual in that it has the capacity to not only be aesthetically pleasing, but also informative about the photographic medium. It shows the impact that striking press photographs may have on the public and how those images may influence art, including record covers.

In addition to the photographs, there will be some memorabilia and realia included related to the Hindenburg and these photos.

"Most press photographs serve only to inform and record the news," Stokle said. "Every once in a while, however, some press photographs are so strikingly well timed and beautifully composed, they can also be viewed as exceptional works of art. Such is the case with Murray Becker's and Sam Shere's respective photographs of the Hindenburg's tragic but spectacular end in Lakehurst, New Jersey, on June 6, 1937.

"Thirty-five people died when the Hindenburg caught fire and many of those that survived suffered appalling burns. The Hindenburg disaster was so dramatic and frightening it

brought an immediate end to the transatlantic lighter than aircraft travel industry. Why then is the imagery of this horrid event so popular?

"Using Becker's and Shere's original photographs as inspiration, this exhibit attempts to illustrate and explain the visual appeal of their works. In addition, the exhibit joins in the discussion about the role of artificial intelligence in the creation of photographs and how artificial imagery affects and influences our perception and trust in what we see. All but two of the images were created using old school photographic methods akin to the cinema photography of the 1930s. Yet even these non-photoshopped images present an artificial picture of the Hindenburg.

"When looking at this exhibit, viewers are challenged to figure out which of the photographs were created using a computer, and then to contemplate how those that weren't, were made," Stokle added.

David J. Stokle is a multi-media artist and resident at the Walter Baker Artists' Lofts. He attended Skidmore College and is currently finishing his book called "Discretion Advised - Photographs & Related Stories." For more information, email jhlady@milton.ocln.org or call the Reference Dept. at (617) 898-4964. The Milton Public Library is located at 476 Canton Ave.



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Keohane Funeral Home 3 Free Plant.Grow.Share. Gardening Workshops

To help curb increasing food insecurity, Keohane Funeral Home will kick off the 2023 Plant.Grow.Share. program with free gardening workshops on May 23, 24 and 25 in Hingham, Weymouth and Quincy.

A collaborative effort between Keohane Funeral Home, Interfaith Social Services, and Weymouth Food Pantry, the Plant.Grow.

Share. initiative encourages local gardeners to donate produce to local food pantries. This community outreach program includes gardening workshops and opportunities for the community to help neighbors in need by donating fresh produce.

"With about 18 percent of Massachusetts residents considered food insecure,

we are proud to be able to continue this community tradition," John Keohane, co-president of Keohane Funeral Home said. "Plant.Grow.Share. is for everyone—from backyard gardeners wanting to increase yields to grocery store shoppers willing to share with the local food pantry. We appreciate everyone's participation."

Free Gardening Workshops

This year's three free 60-minute workshops, led by local organic farmer Jon Belber of Holly Hill Farm in Cohasset, will focus on home gardening techniques. Each attendee will receive a vegetable seedling from Holly Hill Farm, donated by Keohane Funeral Home. Workshops will take place on the following dates and locations. RSVP to events@keohane.com or 1-800-KEOHANE with the location where you would like to attend.

Tuesday, May 23 at 6:30 p.m. at Hingham Public Library, 66 Leavitt St., Hingham.

Wednesday, May 24 at 6:30 p.m. at the Tufts Library, 46 Broad St., Weymouth.

Thursday, May 25 at 12:30 p.m. at the Kennedy Senior Center, 440 E. Squantum St., Quincy, MA.

"Those who attend the workshops will definitely benefit from the expertise of Farmer Jon Belber.

We are grateful to have his extensive knowledge and teaching abilities to help our community grow more produce and share it with others in need," said Rick Doane, executive director of Interfaith Social Services.

Join the Plant.Grow.

Share. Movement

Doane noted that produce donations are very important to local food pantries, which have experienced increased requests for fresh produce. The Plant.Grow.Share. program encourages people to develop their gardening skills through free workshops, but options exist for those who don't garden. Store-bought produce donations, monetary gifts, and volunteering for local food pantries all help reach food insecure households.

"Small donations of produce or money add up. If ten people make small donations, we have quite a bit to share! Every donation brings our community together to help feed those in need," said Pam Denholm, executive director of Wey-

mouth Food Pantry.

Learn more about donating fresh produce to local food pantries by visiting their websites:

• Interfaith Social Services — <https://interfaith-socialservices.org/donate-food/>

• Weymouth Food Pantry — <https://www.weymouth-foodpantry.org/donate-food>

Donated produce can be from your garden or the supermarket. Volunteers and monetary donations are also welcomed to assist with food insecurity throughout Quincy, Weymouth and surrounding communities.

For questions or to donate to the Plant.Grow.Share. program, contact Rick Doane, executive director of Interfaith Social Services, (617) 773-6203; Joe Reardon, vice president for Community Development and Advance Planning at Keohane Funeral Home, (617) 773-3551; or Pam Denholm, executive director of Weymouth Food Pantry, (781) 635-7783.

WHAT'S COOKING

with

Marie & Suzie

By MARIE D'OLIMPIO and SUZIE FALCO



Chicken Cacciatore

By MARIE

Today's recipe for chicken cacciatore is not only quite simple but it is quick to make because this recipe calls for a rotisserie chicken. (Or if you happen to have precooked chicken you can use that instead.)

As you know, today, we are all very lucky to have vegetables pre-cut and chicken pre-cooked and ready to use — both a real time-saver for busy families.

Ingredients and Directions

- 1 medium onion, chopped
- 1 clove of garlic, minced
- 1 teaspoon of basil
- 1 large can of crushed tomatoes
- 1 green bell pepper, cut into bite-sized pieces
- 1 red pepper, cut into bite-sized pieces
- 2 potatoes medium, peeled, diced (optional — but a great addition)

tional — but a great addition)

1 package of sliced mushrooms (optional — but great addition)

Thighs and drumsticks of the chicken, cut up, but you are free to use the rest of the chicken in this dish, it's your preference. (If you don't use the rest of the chicken, you can make chicken salad with the remainder)

3 tablespoons of olive oil
¼ cup parmesan cheese

In a large pot, and in the hot oil, sauté the onion, garlic and peppers and mushrooms and potatoes (if using.)

Add the basil and the tomatoes.

Let that simmer until vegetables are tender.

When the vegetables are tender, add the chicken cooked and simmer for 20 minutes and, voila!, you have chicken cacciatore!

Healthy Chocolate Cake

By SUZIE

This recipe for the Best Healthy Chocolate Cake uses a secret ingredient adapted from "kaylieshealthyrecipes."

This cake is moist and absolutely delicious! It is so simple to make and as you can see by the ingredients, very healthy!

The sweet potatoes contain Vitamin A, C, and beta carotene. As well as fiber and micronutrients that are important for things like eyesight and gut health.

I am sure you know that chocolate can be very healthy if consumed in the right form, pure organic cocoa powder is one of the richest sources of polyphenols, supports better blood flow, helps to lower blood pressure and blood sugar levels as well.

Coconut milk provides important minerals like potassium and magnesium, contains MCTs that are easily used by your brain for energy.

¾ cup mashed sweet potatoes (secret ingredient)

¼ cup coconut sugar
¼ cup pure maple syrup
¼ cup + 1 tablespoon organic cocoa powder (I use Navita brand)

powder (I use Navita brand)

½ cup full fat coconut milk (do not get "light")

1 cup organic flour (I use gluten free PAMELA'S brand 1:1)

1 ½ teaspoons pure vanilla extract
Dash of sea salt

1 teaspoon baking soda
1 tablespoon rice vinegar

½ cup chocolate chips plus extra for the "frosting" (I use "Enjoy Life" brand mini chocolate chips)

Boil a couple of sweet potatoes, cool and mash.

Now add ingredients in order of listing (making sure you add the baking soda and vinegar last).

Stir in chocolate chips at the end and bake in parchment paper lined 7 inch square pan (or 8 inch round) at 350 for about 25-30 minutes. Do not over bake!

Take out of oven and while still warm, spread on some chocolate chips and as they melt, spread on with butter knife, and you have instant chocolate "frosting."

Enjoy!

CVS Officials Discuss

Concerns With City Councillors

By SCOTT JACKSON

Representatives from CVS met with the City Council to discuss concerns about conditions at the pharmacy giant's stores in North Quincy and Quincy Point.

City councillors in March unanimously approved a resolution asking for an update on conditions at the CVS stores located at 321 Quincy Shore Dr. and 626 Southern Arty. Ward 6 Councillor William Harris had introduced that resolution, seeking an update on the North Quincy location, and Ward 1 Councillor David McCarthy requested a similar update on the store in Quincy Point.

Tom Driscoll, a district leader with CVS, and attorney Peter Lyons met with councillors the evening of April 24 to address those concerns. The managers of the two stores were also present.

During the meeting, Harris said he is not trying to get

the CVS locations shutdown but wanted to open up a line of communication between the company, city officials and residents. The store had made some progress since the resolution was approved, he said, "but we're not even close."

Harris showed before and after pictures of the CVS site, showing that the fence around the store's dumpster had been repaired in recent weeks. Harris added, however, that the dumpster was not being kept locked.

Harris also read a letter he received from an official with the state Department of Public Health following an inspector's visit to the site on April 19. The inspector said there was no longer signs of mice within the store's pharmacy but a couple of other areas within the store had signs of mice, Harris stated. A supervisor from the store told the inspector a pest-control specialist was visiting the location three to

four times a week, but the supervisor said there was no documentation for those visits.

"Obviously the eyes of Texas are on you and I'm sure you're going to be visited again," Harris said. "Moving forward, there has to be a better plan."

Driscoll said he was named district leader in January and began to address concerns about the location on Quincy Shore Drive as soon as he heard of them. He had the regional and district managers from Orkin, a pest-control company, visit the store along with a local representative. There was no documentation of those visits because the local representative's printer wasn't working, Driscoll said, adding that he would provide that documentation to the city and state.

Harris also raised concerns about the condition of the fence that separates the store's parking lot from neighboring homes. CVS is working with its landlord to get the fence replaced, Lyons said, and has also reached out to the landlord about changes that would improve the flow of traffic in the parking lot.

McCarthy said his chief concern about the CVS on Southern Artery is the dumpster in the rear of the store, and trash blowing around the property. Driscoll said he would recommend moving the dumpster to address McCarthy's concern.

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"Rock Solid Security"

Social Security Matters Ask Rusty – About Social Security Benefits For My Minor Children

By RUSSELL GLOOR
National Social Security Advisor
at the AMAC Foundation, The Non-Profit Arm
of the Association of Mature American Citizens

Dear Rusty: I will be 62 in 2024 and am considering starting benefits at that time. I will have two children under the age of 18. One of them will be 10 and the other 15. Will they be able to draw benefits in addition to my benefits?
Signed: Father of Two

Dear Father of Two: Yes, if you claim your Social Security retirement benefits at 62, your minor children will be able to get benefits from you until they are 18 years old (or up to 19 if still in high school). You will likely be designated as Representative Payee for those benefits and will be obligated to use them only for your children's behalf (which could include simply saving the money for their future). But there's more to consider.

Normally, a minor child is eligible for 50% of the parent's full retirement age (FRA) entitlement (even if you claim at 62), but Social Security's Family Maximum will likely restrict each child's benefit to make it less than 50%. Then, once the 15 year old ages-out of eligibility at 18 (or 19), the younger child's benefit will increase to the full 50% of your FRA amount. That is - unless you are married and your wife will also be collecting a spousal benefit on your record. In that case the Family Maximum will limit payments for all of the dependents receiving payments based on your SS record (both your children and your wife). Generally, the Family Maximum is between 150% and 188% of your FRA entitlement, from which your own FRA entitlement is subtracted, leaving 50% to 88% of the Family Maximum for your dependents.

It's important to remember that by claiming your own SS retirement benefit at age 62 your monthly payment will be cut by 30% (you'll get 70% of your FRA entitlement), and that is a permanent reduction. So, you may wish to evaluate whether the money your children will get until they are 18 will offset the lifetime reduction to your own benefit payment. Your life expectancy is important when making that decision, and if you wish to estimate your potential longevity I suggest using this tool: <https://socialsecurityreport.org/tools/life-expectancy-calculator/>.

It's also important to remember that claiming benefits before your full retirement age will mean that, if you work, you'll be subject to Social Security's "earnings test" which limits how much you can earn before some of your benefits are taken away. The earnings limit changes annually (it's \$21,240 for 2023) and, if the limit is exceeded, SS will withhold \$1 in benefits for every \$2 you are over the limit. They will withhold future benefits to recover anything you owe for exceeding the earnings limit and, if your benefits are withheld for this reason, your dependents' benefits will also be withheld for those same months. So, your plans for working should be weighed carefully in deciding whether to claim your Social Security benefits early.

To summarize: If you won't work full time after age 62 and you're comfortable with 70% of your FRA benefit entitlement for the rest of your life, then claiming at 62 will also entitle your children (and possibly your wife) to dependent benefits (restricted by the Family Maximum). But, if you continue to work full time, Social Security's earnings test will likely mean neither you nor your dependents can receive full Social Security benefits at this time. And for clarity, the earnings limit no longer applies after you reach your full retirement age.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadviser@amacfoundation.org.

Bethany Church Yard Sale May 20

Bethany Congregational Church, 22 Spear St., Quincy, will hold its Annual Indoor/Outdoor Yard Sale Saturday, May 20, from 9 a.m. to 3 p.m.

Set up of tables and chairs are provided. \$30 per table and outside canopies are available at no extra charge if you would like to be outside.

Food and beverages available for purchase.

Call Margaret Milne for more information or to reserve your table, 617-773-1534.

Mental Health Awareness & Mindfulness

By LORI SCOTT
What is Mental Health?

Mental health affects a person's thinking, mood, and/or behavior and includes your emotional, psychological, and social well-being. Our mental health helps determine how we handle stress, how we relate to others, and how we make healthy choices. Some mental illnesses include depression, bipolar disorder, anxiety, personality disorders, psychotic disorders, eating disorders, trauma-related disorders (post-traumatic stress), substance abuse disorders.

According to the CDC, mental and physical health are equally important components of a person's overall health. In the United States, nearly one in five adults have a mental illness or mental health condition. That's nearly 52 million people.

Mental health isn't just about having or not having a mental illness. Our well-being is affected by all aspects of our lives, which affects how we experience life, work, and time with our loved ones. There are times when we all could use a "Mental Health" day - an intentional break from the usual hectic routine to alleviate stress and improve well-being. It can be really beneficial to take a day away from your responsibilities with the intention of restoring your energy and recharging your battery.

What is Mental Health Awareness?

Mental Health Awareness began in the United States in 1949 by the Mental Health America (MHA) organization. During the month of May, MHA, its affiliates, and other organizations interested in mental health conduct a number of activities. This ongoing effort is meant to reduce the stigma around mental illness and mental health conditions by sharing our personal experiences. With so many misconceptions about mental health, people often suffer in silence and their conditions go untreated.

I never thought I'd say this, but I'm grateful for my anxiety. Why? Because 20 years ago, my doctor suggested I try yoga and meditation to help reduce stress and alleviate anxiety symptoms. Not only has my overall health improved as a result of yoga and meditation, but turning to this practice for solace has allowed me

to discover a community of wonderful people. My mission is to teach with authenticity and make every month Mental Health Awareness Month. Taking good care of ourselves, sharing our experiences and taking good care of each other is important all year long!

Mindfulness Can Help.

A big part of a mindfulness practice involves being fully present and learning to be satisfied with the present moment. Seems simple enough. But, for some of us, being satisfied with the present moment is difficult, especially if you are an over-thinker.

Acceptance happens when you're in the PRESENT moment. You are receiving information about a situation acknowledging - without any judgment - that it isn't good or bad, it's just an observation of what IS. A depressed mind focuses on the PAST, ruminating over things that have already happened. Replaying events from the past with regret prevents us from being present today. On the other hand, an anxious mind focuses on the FUTURE and it struggles to sit with what is truly happening. An anxious mind wants to take a situation, overthink it and worry

MONTHLY MINDFULNESS

By Lori Scott, E-RYT 500

OWNER OF LORI SCOTT YOGA & WELLNESS



about it. The situation now lives in the future where it is no longer truly happening. It is unknown and completely out of our control.

A significant amount of evidence-based research shows that the practice of mindfulness can help reduce the symptoms of depression and anxiety bridging the gap between emotions from the past and eagerness of the future.

Eckhart Tolle's famed book *The Power of NOW* talks about living in the awareness of the present moment. He says, when you're focusing on "the NOW", you have peace because in that split second, you are breathing. If you're breathing, you're alive. If you're alive, then you have one thing to be grateful for. Even in times of hardship, each moment you inhale and exhale is proof that your immediate need is being met.

If we can leave the past where it is and give no thought to the future until

it's in front of us, we can begin recognizing where our emotions are on a timeline. For example, if you feel regret, sadness, anger - these emotions are focused on the PAST. If you feel worried, anxious, panic, or excitement - your emotions are focused on the FUTURE. When you are IN THE PRESENT, you are calm because in that moment, you are free from regret and worry.

Mindfulness is not always easy to practice, that's why it's called a practice. Meditation simply means to become familiar with oneself and you are worth getting to know.

Tips for a Formal Mindfulness Practice:

There are many different ways to practice meditation. The goal isn't to clear your thoughts or have no thoughts at all, but rather to pay attention to the thoughts passing through your mind without getting too caught

Cont'd On Page 13

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Transactions are compiled by the Norfolk County Registry of Deeds

SELLER	BUYER	AMOUNT	ADDRESS
Neponset Bay Realty LLC	Linda H. Chen & Yanlin Ye	\$695,000.00	85-105 Myrtle Street Unit 212
Michael & Angela Delvecchio	Arjun & Tara D. Kulung	\$510,000.00	72 Keating Street
Habs Russell Realty Trust	38 Russell Street LLC	\$325,000.00	38 Russell Street
Neponset Bay Realty LLC	Joey & Jodi Wang	\$695,000.00	85-105 Myrtle Street Unit 304
Hi & Dany Thai	Nhan H. Thach & Thao T. Truong	\$578,000.00	16 Commonwealth Avenue
Neponset Bay Realty LLC	Austin Blais	\$652,000.00	85-105 Myrtle Street Unit 205
Richard I. & Mitchell E. Near	Fang Yu	\$462,000.00	61 Vershire Street
Bank of America	SAQO LLC	\$370,000.00	32 Shennen Street
Aiqiong Zhouxie & Zheng Xie	Ren Q. Chen & Saqin Dong	\$950,000.00	61-63 John Street
Ryan A. & Emily Fritschy	Christina Luo & William J. Anderson	\$725,000.00	97 Atlantic Street Unit 1
Neponset Bay Realty LLC	Christopher M. Wade & Katherine M. LaHive	\$660,000.00	85-105 Myrtle Street Unit 211
Elaine M. Haraska	Yuanfeng Huang	\$535,000.00	231 Holbrook Road
4K Property Holding LLC	Nelson Mei	\$315,500.00	1025 Hancock Street Unit 4K
J & P Construction, LLC	Mirna M. Gouda & Paul A. Cardoos	\$635,000.00	116 Rhoda St. & 10 Woodman St.
Stephen & Meredith Lombardi	Jia Liang Ruan	\$829,000.00	40 Lutton Street
149-153 Intervale Investments LLC	Quincy Adams Avalon LLC	\$2,000,000.00	149-153 Intervale Street
A Montl Granite Co Inc.	Quincy Adams Avalon LLC	\$375,000.00	Off of Intervale Street
Jeffrey M. & Erica L. Simons	Alletrah E. Schmidt	\$825,000.00	103 Utica Street
Douglas B. Perry	Anna Sholes & Valdereson Dasilva	\$333,000.00	65 Brook Avenue
Neponset Bay Realty LLC	Samuel Tucker & Nam Tran	\$870,000.00	85-105 Myrtle Street Unit 106
Illes Realty Trust	John Barbatl	\$355,000.00	200 Cove Way Unit 1012
Joshua M. Gresham-Conner & Rosaleah Brown	Hung Tien	\$855,000.00	27 Cross Street
Mo H. & Bradford Lee	Victoria Wong	\$900,000.00	9 Vassall Street
Paul D. & Dana Gillin	Rolandi Cakuli & Ornela Pritti	\$370,000.00	245 Sea Street Unit 245-21

As home transactions pick up speed as spring continues and in light of recent publicity relating to "deed theft," Norfolk County Register of Deeds William P. O'Donnell reminds residents about the Registry's Consumer Notification Program.

Deed theft can take different forms. The most common type of fraud preys on people who are in danger of losing their property, usually rental property, through foreclosure. The owners are told that they qualify for a "short sale," a process where the foreclosing lender settles for less than the amount owed on the mortgage, and that if they sign the deed over to a third party, they can avoid the foreclosure. The owner signs a deed over to the third-party scammer, not realizing they are still responsible for the debt, and the scammer, rather than negotiating the short sale, collects and keeps the rental payments until the lender eventually forecloses. Another type of deed theft targets elderly people

erty without realizing what they are doing. This is often done by a family member. Deed theft is a serious crime that can result in the loss of one's home and equity. Homeowners should be aware of these scams and talk to a lawyer before signing any papers that have to do with their property.

Less common is forgery, where a scammer fakes a homeowner's signature on a deed and records it in the registry of deeds. A forged deed is not valid and cannot rely on a forged deed lender title. If a buyer or a seller doesn't do their due diligence on a property's title, they are out of luck. They, not the legitimate property owner, will ultimately lose any money paid to the thief. Forgery is a felony in all fifty states, punishable by jail time and heavy fines. The

Companies now offer paid subscription services that will check public records and let a property owner know if a deed has been recorded that changes who owns their property. It is not title insurance, and most of the time, if a fraud has happened, it won't offer any extra services.

"Our mission at the Registry of Deeds is the safety and security of all property records," O'Donnell said. "We recognize that there are unscrupulous individuals who may try to take advantage of the property rights of others." In 2015, we at the Norfolk County Registry of Deeds initiated a Consumer Notification Service, a free service whereby subscribers sign up to be notified

in response to the Federal Bureau of Investigation (F.B.I.) indicating property and mortgage fraud was one of the fastest growing white-collar crimes in America." Information on "Consumer Notification" can be found on the Registry website, www.norfolkdeeds.org under the heading "Services." The Registry Customer Service Department can assist anyone who would like to set up the notification for their property.

"I want to reiterate that our free notification service, like the paid services, does not protect against fraud but will at least alert the owner if a fraudulent deed has been recorded," O'Donnell said. "This way the homeowner can take steps right away to combat the fraud. Also, owners should always be aware of what they are signing when it comes to any document that may affect the title to their real estate and should scrutinize any company that promises to alleviate debt if you sign over a deed to them. In Massachusetts, a deed should always be signed in front of a notary public. Massachusetts notaries are obligated to request identification from the party signing the deed.

"If you have any questions about the notification service," O'Donnell continued, "contact our Customer Service Center at 781-461-6101, Monday through Friday between the hours of 8:30 a.m. and 4:30 p.m. Our trained staff is more than willing to answer any questions you may have."

The Norfolk County Registry of Deeds, located at 649 High St., Dedham, is the principal office for real property in Norfolk County. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities, and others with a need for secure, accurate, and accessible land record information.

All land record research on the Registry's website, www.norfolkdeeds.org,

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Keenan Pushing Behavioral Health, Revenge Porn Bills

By SCOTT JACKSON

Legislation to ensure continuity of care for behavioral health treatment and a bill to ban revenge porn are among the items Sen. John Keenan is working on this term.

The Quincy Democrat discussed those two items during a recent interview.

In the previous legislative session, Keenan filed, and lawmakers ultimately approved, legislation to ensure continuity of care for patients with multiple sclerosis. That bill included provisions that ensure multiple sclerosis patients are able to stay on the same medication even if they switch insurance providers.

Keenan said the behavioral health bill he hopes to pass this term is mirrored after that legislation.

"It's a very big issue in every community I represent — behavioral health issues, substance use and mental health, particularly adolescent mental health concerns, have just become very much at the forefront in many of the communities. So, we've got legislation to make sure there is proper coverage in place relative to behavioral health, mental health," he said.

"Last year we were successful in getting to the governor's desk a provision that allows somebody that has medication for MS that

works, if there is a change in insurance or a change in employment that results in a change in insurance, that medication can't be taken away from them. They can't be forced to try other new medications. They get to stay on the one that's been proven to work.

"So, we've got legislation that kind of mirrors that this session that would ensure that somebody who is receiving behavioral health treatment — particularly young people, but everybody in general — that if they lose their job or if their job changes the insurance provider or there is some sort of copay or out-of-pocket change, that people still have access to their behavioral health provider.

"What we found was happening, and we were hearing this, was somebody would switch a job and their new insurance company would say 'we're not going

to provide coverage for that provider, you've got to find a new provider.' You can't find anybody nowadays for mental health care, so the person is now going without mental health care because the insurance company is saying we're not going to pay that provider. This would provide that continuity of treatment for behavioral health treatment."

The revenge porn bill, if approved by lawmakers on Beacon Hill, would make it a criminal offense to share sexually explicit photographs and videos without consent. Massachusetts and South Carolina are the only two states without such a law on the books.

"We're still working on the revenge porn bill. Even though that's a broader bill in terms of its impact, the need for that bill was raised directly to me by people in my district," Keenan said.

"That revenge porn bill

would basically make it illegal for somebody to share an image that was consensually obtained. Under present Massachusetts law, if two individuals consent to a video of some sort, they consent to it being filmed, one of the two can now share that, for instance on the internet, and it's not illegal. The person who is involved could have said yes to the filming and said, 'make sure you don't share this anywhere,' that person shares it, that's not illegal under Massachusetts law.

"So in order to post something or to share something, you would not only have to consent to film, but the consent to share it under the revenge porn bill. That's just one of the things it does. It also sets up some programs for education for young people and kind of a diversion program for young people who may find themselves in this situation,

because kids do things that they're barely aware of the harm of them.

"That has been brought to my attention, the need for this bill has been brought to my attention, from people in my district who have experienced these types of incidents."

Last year, both chambers in the state legislature passed bills to ban revenge porn, however, the term ended before a final bill could make its way to the governor's desk.

"It was filed last session. It passed the House. We were able to get it through the Senate at the end of the session and then, like so many other things, time ran out," Keenan said. "So, we're putting a push to move that as quickly as we can this session. It's in the judiciary committee and hopefully there will be a hearing pretty soon on that."

Benefit Concert Sunday At Faith Lutheran Church

Faith Lutheran Church, 201 Granite St., Quincy invites the public to a Charity Recital on Saturday, May 6th, at 4 p.m. for the Fire Recovery Fund of the Cambridge Faith Lutheran Church, presented by Marcus Johnson, Baritone, with Joel Davidson, pianist,

Chris Robins, oboist, and Nikki Ready, Soprano.

All donations will go to the Cambridge Faith Lutheran Church Fire Recovery Fund, which suffered a terrible fire in the steeple on Easter. For further information contact: johnson.marcus.alan@gmail.com.

Bethany Church Yard Sale May 20

Bethany Congregational Church, 22 Spear St., Quincy, will hold its Annual Indoor/Outdoor Yard Sale Saturday, May 20, from 9 a.m. to 3 p.m.

Set up of tables and chairs are provided.

\$30 per table and outside

canopies are available at no extra charge if you would like to be outside.

Food and beverages available for purchase.

Call Margaret Milne for more information or to reserve your table, 617-773-1534.

Concert At Christ Church

The public is invited to join the Schiller Institute Chorus of Eastern Massachusetts for an uplifting concert of Classical choral music, African-American Spirituals, and international folk music.

The concert will be held on Saturday, May 13th at 3 p.m., at Christ Church, 12 Quincy Ave., Quincy in the Great Hall. Soloists include operatic tenor, Brian Landry, and contralto, Ana Maria Ugarte, along with other musicians and the Schiller Institute community chorus.

The Schiller Institute chorus brings together

people from all walks of life who share the common mission of celebrating the most beautiful aspects of mankind, through the performance of Classical music, international folk music, and American Spirituals. This serves as a necessary alternative to the current paradigm of war and violence that Americans are faced with every single day.

Admission to the concert is free (donations appreciated).

At 7 p.m. on Saturday, May 6, Milton Community Concerts will present the eighth annual "Sing For Their Supper" benefit concert at the First Parish Church of Milton, 535 Canton Ave.

This event will feature 10 opera singers from around New England in a popular program of opera and musical theater favorites to support two local charities.

This year's concert features a completely new lineup of artists: sopranos Sarah Callinan, Elaine

Daiber, Meredith Hansen, Luisamaria Hernandez, Kathryn McKellar, Emma Robertson, and Yoonjeong Yoo; mezzo-soprano Alexis Peart, and bass/baritones Fred Furnari and James Harrington. They will be assisted by pianist Timothy Steele.

Collectively these singers have sung roles with many opera companies, both nationally and internationally, including the Metropolitan Opera. They have sung in Carnegie Hall, the Tanglewood Music Center,

and Symphony Hall, among others. They also have distinguished careers as recitallists and concert artists. In order to sing in this concert some of these artists are traveling from distances as far away as Hartford, CT and Western New York.

This is a free concert (no tickets needed) with all net proceeds collected from a free-will offering to benefit the Milton Food Pantry and Milton Residents Fund. All performers are donating their time and talent to sup-

port these two charities.

Arrive early for the best seating. There is ample parking available and the venue is accessible.

This concert is supported by a Cultural Sector Recovery Grant from the Massachusetts Cultural Council, as well as an additional grant from the Milton Cultural Council (a part of the Massachusetts Cultural Council).

For more information visit miltoncommunityconcerts.com.

Quincy Pride Day Festival June 4

The Quincy Pride team announces the annual Quincy Pride Day Festival will be held on Sunday, June 4 from noon to 5 p.m. at Kilroy Square.

Their historical flagship event will be hosted at a new location this year. The committee will bring all the fun and family-friendly activities to Kilroy Square in Quincy Center (and easily

accessible by the MBTA).

Guests should look forward to a variety of different performances including but not limited to: America's Got Talent's own Randy Roberts, a double set by the HipShot Band, and show stopping performances from multiple local drag artists, plus multiple food and alcohol trucks, local and LG-BTQ+ vendor tables, non-

profits, tons of raffle items, and a dedicated kids' lane.

Quincy Pride is a 501(c)(3) organization that put on its first Quincy Pride Day in 2018 and is traditionally held on the first Sunday of the Pride month (June), and has attracted over 2,000 people every year, except for 2020.

A special thanks from Q Pride to their premier spon-

sors, Arbella Insurance and MountainOne, triple rainbow sponsors Aspire and FoxRock, and double rainbow sponsor Beth Israel Deaconess Milton.

For information on programming and related LGBTQIA+ events, connect with us on: facebook.com/QPrideDay or www.quincypride.com.

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On Thursday, April 27, at about 1:13 p.m., Officer Brown and Officer O'Donnell were dispatched to an apartment complex on Wollaston Avenue, for a report of a breaking and entering in progress.

The caller from an apartment in the building called the Quincy Police Communications Division to report that a male was trying to get into the unit across the hall from her. K-9 Officer Donovan and his partner Hodor also responded to assist. Officer Crowley responded and maintained a perimeter in the rear of the building.

Officers Brown and O'Donnell went to speak with the reporting person. The resident explained what she witnessed and gave a detailed description of the suspect. Officers observed pry marks on the door to the apartment which the suspect was trying to gain entry.

During their investigation, Officer Crowley detained a male in the rear of the building. The reporting person stated she could identify the suspect and was given instructions for a show up ID. The reporting person made a positive ID; However, she stated the suspect was previously wearing additional garments and in possession of a bag.

Officer Donovan and his K-9 partner Hodor searched the common basement. K-9 Hodor is a certified Patrol K-9, and one of his abilities is evidence recovery, which enables him to detect the specific odors left on recently discarded items.

A Job Well Done

By OFFICER GREGG HARTNETT
Public Information Officer
Quincy Police Department

K-9 Hodor alerted to some clothing items, a blue hat in a bag, a crowbar, and used rubber gloves tucked behind the dryer. These items were consistent with the original description given by the reporting party. This evidence was collected, bagged, and turned over to Detective Landry.

The suspect will be charged with Possession of Burglari-ous Tools, Attempt to Commit a Crime (B&E Daytime for Felony) and Vandalism (Door). He was also issued a citation for Motor Vehicle Use of a Felony and a Number Plate Violation to Conceal ID.

Due to the alert resident, who immediately called the police. Then the quick response and teamwork of Officers Brown, O'Donnell, Crowley, and Donovan with an assist by K-9 Hodor the suspect was apprehended. Job Well Done by all involved.

On Friday, April 28, 2023, late in the evening, E-911 Dis-patcher Carol Flynn received a teletype message for a Silver

Alert out of the Town of Scituate. It was reported that an el-derly male had plans to meet a friend in Quincy in the early morning hours and never showed up. The friend headed to Maine, assuming this gentleman decided not to join him. There were some miscommunications during the day.

The Scituate Police issued the Silver Alert as it was ap-proaching midnight. The elderly male had no cell phone, and the only additional information was a message he left around noon time saying he was in Dorchester, Mass.

Dispatcher Flynn instructed the area cruisers to check the area of the meet location and businesses nearby. She re-ceived information from an off-duty officer around 10:30 p.m. that the vehicle had traveled back into Quincy by way of the Neponset Bridge from Boston 15 to 20 minutes prior to their conversation. All area units and agencies were up-dated with this latest information.

Within a few hours, the missing gentleman was back in Scituate. A motor vehicle stop was conducted, and he was transported to a local hospital for evaluation. The family ap-preciated all the efforts put into locating their loved one.

Dispatcher Flynn is a member of our Project Lifesaver Team and spends countless hours training other departments and promoting these initiatives.

Job Well Done by all involved, especially our Dispatcher Flynn who exhausted every tool, attempting to locate this gentleman.

QUINCY POLICE CRIME AWARENESS JOURNAL

Entries submitted by the Quincy Police Department

FRIDAY, APRIL 21

LARCENY (wallet), 8:10 a.m., Brackett Street. Re-ported party claims someone came in overnight, took his wallet and other things open. Report filed.

SHOPLIFT (female), 2:51 p.m., Stop and Shop Su-permarket, 495 Southern Artery. Late 30s, wearing a Red Sox shirt. Party trespassed and sent on the way.

SHOPLIFT (male), 3:10 p.m., Walmart, 301 Falls Blvd. Arrest made. Cutting tags off clothing, possible has a knife on him. Report to be filed.

BREAKING AND ENTERING/PAST (back window broken), 10:10 p.m., 30 block of Wren Terrace. Report-ing party says house was ransacked not sure what items are missing. The window sash was removed and put inside the house. Officer requesting BCI. Report to be filed.

SATURDAY, APRIL 22

ASSAULT (just occurred), 3:13 p.m., Kam Man Food, 215 Quincy Ave. Checked area, no injuries. Declined EMS. Panhandlers possibly involved.

SHOPLIFT (just happened), 3:19 p.m., Walgreen Pharmacy, 330 Hancock St. White female wearing pink with two bags heading towards North Quincy train station. Transit Police Disptach given description and will contact QPD with any info. Items returned, party advised. Female trespassed by store manager in front of Officer T. Waters.

ASSAULT AND BATTERY, 8:35 p.m., Highpoint Circle. Officers made contact with resident. Limited sus-pect info. Reporting party does not want to press charges. Report to be filed.

SUNDAY, APRIL 23

STOLEN MOTOR VEHICLE (arrest made), 3:01 a.m., McDonald's, 275 Hancock St. Stolen motor vehicle in line at McDonald's. Confirmed by Cambridge. One per-son under arrest, report to be filed.

SHOPLIFT (male), 11:51 a.m., Walgreen Pharmacy, 330 Hancock St. Items returned. Male suspect trespassed by the manager in front of Officers M. Pattern and P. Farina.

SHOPLIFT (Hispanic female), 7:50 p.m., Stop and Shop Supermarket, 495 Southern Artery. Sweatpants are packing large bags and attempting to walk out the phar-macy side. Reporting party is Loss Prevention Officer. Says a heavysset Hispanic female wearing a pink sweatshirt and black. Items were returned. Party was sent on way.

MONDAY, APRIL 24

DISORDER (road rage), 7:57 a.m., Burgin Parkway and Granite Street. Male took caller's cellphone while ar-guing. White male driving a Subaru. Fled towards Star Mar-ket. Caller is in a Ford Escape. Report to be filed.

LARCENY (construction materials), 10:51 a.m., 500 block of Hancock Street. Reporting party states a large val-ue of stock was stolen from the property overnight. Report to be filed.

LARCENY (possible breaking and entering), 10:58 a.m., 80 block of Myrtle Street. Report to be filed.

VANDALISM/PROPERTY (Toyota Camry), 12:27 p.m., 30 block of Bigelow Street. Scratched and dented all around. Report to be filed.

SHOPLIFT (past/on video), 1:04 p.m., BJs, 200

Crown Colony Dr. Electronics stolen. Report to be filed.

DISORDER, 1:09 p.m., 120 block of Common Street. Male was at the door arguing with the caller. He has since left. Male was punched in the face. Suspect lives in the area of Common Street. Brewster notified. EMS refusal. Report/complaints to be filed.

LARCENY/MOTOR VEHICLE, 4:47 p.m., Bearded Exxon, 447 Southern Artery. U-Haul truck, was due back April 1. Report to be filed.

DISORDER (two males), 8:16 p.m., BJs, 200 Crown Colony Dr. One male has a knife inside the store Hispanic male. Suspect fled. Report to be filed.

BREAKING AND ENTERING/ATTEMPT (unwant-ed female), 9:09 p.m., 80 block of Pond Street. Arrest made. Unwanted female out behind the building, knocking on the window. Female located and under arrest for mali-cious destruction, resisting arrest. Report to be filed.

ATTEMPT/MOTOR VEHICLE/BREAKING AND ENTERING (past), 9:39 p.m., 260 block of Newport Ave-nue. Happened an hour ago in driveway. Report to be filed.

TUESDAY, APRIL 25

BREAKING AND ENTERING/MOTOR VEHICLE, 9:08 a.m., 130 block of Martensen Street. Missing inside is paperwork, jacket, other items. No damage to car. Report to be filed.

DISORDER (male and employee), 6:42 p.m., Dunkin Donuts, 550 Adams St. Parkies arguing gone on arrival. Employee advised.

SHOPLIFT (two males), 8:18 p.m., Walgreen Phar-macy, 132 Granite St. Male stole detergent, one detained behind the store. One arrested on warrants.

LARCENY, 8:59 p.m., 1205 Hancock St. Drunk male urinated outside and stole the caller's Uber Eats dinner. He is now at the Chase ATM. Caller got a refund for the food. The suspect checked out and was advised.

DISORDER (violent male), 9:07 p.m., Father Bill's Place, 38 Broad St. Male is in parking lot yelling and swearing. Male trying to fight other guest and will not leave the property. Sent on way, peace restored.

WEDNESDAY, APRIL 26

BREAKING AND ENTERING/ATTEMPT (past), 9:43 a.m., 20 block of Quadrant Circle. Broken windows, nothing taken. Report to be filed.

DISORDER (hang up), 1:12 p.m., area of 18 Roberts Street. Youths fighting but left the area prior to arrival. SR3 to be notified.

UNARMED ROBBERY (just occurred), 1:16 p.m., 40 block of Billings Road. Vehicle pulled up, passenger distracted the victim on the sidewalk. Stealing a gold chain and the suspects fled.

DISORDER (two parties), 1:49 p.m., 50 block of Re-ver Road. Caller states he lives in a group home and two parties he's never seen before and they won't identify them-selves. Peace restored.

DISORDER (small group kids), 2:49 p.m., 470 block of Washington Street. Disurbance with kids crossing the street. Male in a vehicle pulled into lot and arguing with kids. All involved gone on officers' arrival.

DISORDER (youths), 4:58 p.m., Bernie's General

Store, 1149 Sea Street. Two youths jumped another youth. The victim went inside Bernie's, and the suspects fled to-wards Edgewater Drive. One juvenile transported home. Report filed. SRO in Hingham to be notified.

DISORDER (road rage), 5:49 p.m., 60 block of Pa-mer Street. Both vehicles pulled over at above, same call from QSD. Peace restored. Sent on way.

ASSAULT AND BATTERY/DANGEROUS WEAP-ON (possible HPO violation), 6:53 p.m., 700 block of Willard Street. Ongoing dispute with neighbors. Warrant issued. Report to be filed.

LARCENY (past), 9:09 p.m., 80 block of Newbury Avenue. See caller states unknown person took money from her bank account. Report filed.

THURSDAY, APRIL 27

DISORDER (just happened), 2:40 a.m., McDon-ald's, 275 Hancock St. Reporting party states that a male broke the drive thru window and then drove off towards the bridge. Vehicle stopped in front of 2 Hancock St. Trespassed by McDonald's manager.

DISORDER (past disorder), 12:03 p.m., Neponset Landing, 2 Hancock St. Serviced. Report to be filed.

UNARMED ROBBERY (past), 12:54 p.m., Chester Street and Hancock Street. In QPD lobby. Reporting par-ty with his mother who was approached to purchase items when the suspect robbed her of her jewelry. Report to be filed.

VANDALISM/PROPERTY (car keyed), 1:08 p.m., Euclid Avenue. No suspect info. Case number provided and victim advised.

BREAKING AND ENTERING/PROGRESS (male), 1:13 p.m., 20 block of Wollaston Avenue. Male trying to force his way into an apartment. One male under arrest: charges 1. Attempt breaking and entering daytime; 2. Pos-session of burglarious tools. 3. Use of motor vehicle in com-mission of a felony and 4. Obscuring number plate.

ASSAULT/DANGEROUS WEAPON, 4:20 p.m., 90 block of Clay Street. Incident occurred April 23 approxi-mately 5 p.m. See CAD/23021413 arrest made.

DISORDER (with customer), 4:59 p.m., Chipotle Mexican Restaurant, 68 Newport Ave. One female de-tained. One under arrest for disorderly and trespassing. Ad-ditional charge of assault and battery on a police officer.

VANDALISM/PROPERTY (window shot with BB gun), 5:30 p.m., 70 block of Bickness Street. Party came into police lobby to report that someone overnight shot a BB/pellet through their side second floor window. Case number provided.

SHOPLIFT (just fled), 6:21 p.m., Marshalls, 141 Newport Ave. Suspect fled towards Wendy's. Unable to locate. Ambulance notified for Loss Prevention possible broken finger he will be outside. One transported to a local hospital. Report to be filed.

SHOPLIFT (holding), 7:06 p.m., Walmart, 301 Falls Blvd. Female under arrest for assault and battery/danger-ous weapon and outstanding warrant. Defendant also given trespass notice by Loss Prevention in presence of Officer J. Walker. Report to be filed.

Mental Health Awareness & Mindfulness

Cont'd From Page 9

up in them. You might start with listening to a guided meditation online or using an app such as Headspace, Calm or Insight Timer.

Mindful breathing is a formal practice that has been proven to alleviate depression and anxiety symptoms. It can be as simple as paying attention to your breath, noticing how it feels and sounds when you inhale and exhale. Or, you may focus on a specific breathing technique for a certain period of time such as Equal Breathing (inhaling for a count of 4 and exhaling for a count of 4). The goal is to breathe deeply from your belly instead of your chest where breath tends to be shallow. Sitting with a tall spine, placing one hand on your belly helps to focus on deep breathing. Taking a deep breath into your belly, expanding your lungs, widening your ribcage then exhaling for equal duration. If you're counting and focusing on this activity, your thoughts are less likely to be somewhere else, like in the past or future.

Moving mindfully is another formal practice such as taking a yoga class or walking with intention.

Tips for Integrating an Informal Practice Into Your Day:

Instead of jumping out of bed in the morning, take a moment to do a mindful check-in. Start your day with greater present moment awareness by asking yourself, "what do I need most today?"

Before driving, take a mindful deep breath and soften your shoulders. When driving, use red lights as a reminder to notice your breathing.

We typically walk with the purpose of getting from one place to another. As you walk throughout your day, walk slowly and notice the sensations of walking in your feet. Pay attention to the feeling of your feet hitting the ground, the wind or sun on your skin, and the sounds that surround you. When your thoughts drift, return to what you're experiencing in your body.

When making dinner or doing chores, practice mindfully peeling potatoes, washing dishes, folding clothes, etc.

Begin to notice the emotions you feel throughout your day, sit with them, accept them and then trust yourself to be at ease with them. It is through that ease, you recognize your own ability to feel calm without getting overwhelmed. Notice if you are spending your day time traveling to periods that either no longer exist or may not even happen - you could be missing out on creating new amazing moments that are right in front of you.

Breathe in... **I AM HERE**
Breathe out... **THIS IS NOW**

If you're looking for a community of kind people who support you living your best life, you can find us on Wollaston Beach every Sunday morning at 8am beginning on May 14th through the end of September. Together, we breathe, we practice yoga & mindfulness and we have fun! Join us - you are not alone. For details, please email loriscottyoga@gmail.com.

Sometimes, yoga, meditation or the support of loved ones is not enough and we need help. **PLEASE ASK FOR HELP by calling or texting 988 Suicide & Crisis Lifeline or visit <https://988lifeline.org/>.**

Lori is an experienced 500 hour Certified Yoga Teacher with Yoga Alliance, Owner of Lori Scott Yoga & Wellness studio, Founder & Director of her Registered Yoga School (RYS 200) and a Yoga Alliance Continuing Education Provider. Lori specializes in certification programs, 200 hour Yoga Teacher Trainings and facilitating Meditation and Stress Management classes for local corporations.

In addition to teaching yoga, meditation, wellness classes & workshops, Lori is a trained Trauma-Conscious Yoga Teacher offering free yoga to Service Members, Veterans & First Responders. Lori also holds certifications in Clinically-Informed Restorative Yoga, Kids Yoga, Seniors Yoga, Chair Yoga, Balanced Athlete® and Barre. Lori is mostly known in the community for teaching her signature Beach Yoga classes.

Lori Scott Yoga & Wellness is located at 645 Hancock Street in Wollaston.

www.loriscottyoga.com.

With six children, ages 7 to 16, living under one roof, life can certainly be chaotic for Sheila White, a 59-year-old grandmother who is their full time caretaker. It proves difficult to keep up with their individual school-work, hobbies and interests, while trying to give each one of them the one-on-one attention they deserve, even more so when some struggle with social and emotional issues, a residual effect of the isolation and remote learning during the pandemic.

One of her greatest assets are her grandchildren's mentors from Big Brothers Big Sisters of Eastern Massachusetts (BBBSEM) who have become an extension of their family, helping her grandkids to communicate, manage their emotions and try new things outside of their home in Quincy.

Having had her own mentor as a child, White knows firsthand the positive impact that having a caring adult in your corner other than family can have on a young person's life. All six of her grandchildren are enrolled in BBBSEM's signature community-based program for which adult mentors, referred to as Bigs, are paired with youth and meet for two to three hours, a couple times a month on outings of their choice. The leading one-to-one youth mentoring program in Massachusetts provides youth with extra support and experiences they otherwise may not have while giving guardians, like Sheila, a bit of respite and reassurance that other people in this world have their children and grandchildren's back.

"When they say it takes a village, it takes a village - really," says White, who praises each Big for stepping up in different ways to meet her grandchildren's different needs. "The reality is this generation of kids will grow up to run the world one day. However, they have a lot more deterrents than past generations, like pressures with social media. It's becoming harder and harder to ensure kids have direction, passion and are happy. You can't be everywhere at any time. That's



WITH SIX CHILDREN, ages 7 to 16, living under one roof, life can certainly be chaotic for Quincy's Sheila White, a 59-year-old grandmother who is their full time caretaker. One of her greatest assets are her grandchildren's mentors from Big Brothers Big Sisters of Eastern Massachusetts (BBBSEM) who have become an extension of their family, helping her grandkids to communicate, manage their emotions and try new things like visiting area parks (photo below).
Courtesy Photos

where my grandchildren's mentors come in."

With research and proven outcomes at its core, BBBSEM creates matches based on shared interests, geography and personality and serves as a consistent resource for mentors, mentees, and their families. The organization serves as a bridge between communities and community partners, helping to address larger social issues, such as race and education gaps.

"I enrolled my eldest grandchild first and subsequently each child once they reached of age to participate," says White. "It's been amazing to see each mentoring relationship blossom. During the pandemic, their mentors fostered their relationships through online games, texts, and deliveries. One of the older ones has really been embraced as family by his Big Brother and his wife, recently taking him on an Easter egg hunt with their two little ones. Another match gravitated toward a local farm our family visited last summer and as a result recently helped to foster goats. My youngest just met his mentor for the first time. The duo went on a successful ice cream date. Their Bigs have truly been a blessing."

Anyone can become a mentor as the agency welcomes youth and adults of



all races, ethnicities, cultures, genders, sexual orientations, and physical abilities. Volunteers must be 18 years old or older and be able to commit a few hours a few times a month for at least a year and have a passion for positively impacting a young person's life.

"We often are asked what the secret sauce in our program is," says BBBSEM President & CEO Mark O'Donnell, who walks his talk as a two-time former Big Brother. "It is the loving Guardians and Sheila is the perfect example of why.

Sheila is a true partner, and we are forever grateful for her allowing us into her family. It may take a village, but even villages need a strong leader, and Sheila is an amazing leader of her family."

In its 74th year, the largest Big Brothers Big Sisters affiliate in New England has created and served more than 20,000 matches and will serve nearly 4,000 matches this year. For more information, to become a volunteer or to register their children, your audience can visit: www.emassbigs.org.

St. Yves School Fundraiser May Sunday

A fundraiser to benefit the children of St. Yves School in Haiti will be held Sunday, May 7 from 6 to 8:30 p.m. at the Knights of Columbus, 5 Hollis Ave.,

North Quincy.

The fundraiser will feature food, dancing, music and a raffle.

Tickets are \$20 per person; \$40 for a family of four.

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\$10 Million Sought For Sewer Work

Cont'd From Page 1

"The SRF loan has several financial benefits including principal forgiveness of over \$600,000 and an opportunity to reduce the 2 percent loan rate down to 1.5 percent, thus saving another half million dollars in interest payments," Grazioso said.

The sewer rehabilitation work undertaken by the city has several benefits, the

commissioner said. They include reduced infiltration and inflow of water into the sewer lines, which can reduce treatment costs; environmental and water quality improvements; and reducing the risk of sewer collapses and sewer overflows.

The city has rehabilitated 41 miles of sewer lines in the last five years, Grazioso said. The vast majority of those sewers were relined.

Joseph Shea, a managing partner at the firm Granite City Partners, said the city has been split up into five sections per its consent decree with the US Environmental Protection Agency. Rather than using ward boundaries or other geographic markers, those sections are prioritized based upon the age of the sewer line or its impact on water.

"In the past four years

we've been very aggressive along many of the beaches and we've been trying to deal with the sewers that may be adjacent to Town Brook and Furnace Brook," Shea said.

"We are now moving into our third phase, which is still significantly along the coast, but has other neighborhoods that we know, through our investigation over the last decade, has some impacts."

Among the areas targeted for sewer work in 2024 are parts of Germantown, Houghs Neck, Montclair, South Quincy, Squantum, Quincy Center and Quincy Point. The city is in the process of designing those improvements, using a \$1 million interest-free loan from the MWRA, Shea said. The specific streets where sewers will be rehabilitated will be determined as part of the design process and presented to councillors next spring.

"One of the benefits of the EPA's program is... every year we touch every corner of the city," Shea said. "It's not that the peninsula get all the money for a couple of years and we work our way towards the hills and West Quincy. We really are all over the city."

"It's a great city-wide benefit. It also adds a lot

of complexity, because we are in almost every single neighborhood."

As part of a larger initiative to repair city-owned infrastructure, the Department of Public Works coordinates its sewer rehabilitation efforts with work on water mains, drain lines, and street repaving, both Grazioso and Shea stated. The city also coordinates its efforts with National Grid, which owns the gas mains in the city. The goal is to ensure all the subsurface infrastructure is in good shape before a street is repaved.

City councillors in 2021 approved borrowing \$100 million to pay for street and sidewalk repairs over the course of five to seven years, plus \$40 million for work on water mains.

Grazioso on Monday estimated the city would spend \$35 million on road and water work this year alone. The city has between \$40 and \$50 million in funding left for those capital improvements, he said.

"We still have a few years left, we still have a number of roads to complete, but I think we're definitely ahead of schedule," Grazioso said.

City Council President Noel DiBona credited Grazioso for improvements

made to the city streets and other infrastructure in recent years.

"As I drive through the city today, it's very different from when you were driving through it in '16 before this really rolled out with the capital improvement plan and having different pockets of the city be done," DiBona said.

"There is not a ward, there is not an area, there is not a neighborhood that I don't see some type of work being done or has been done."

Ward 1 Councillor David McCarthy said the state loan program is a great one to take advantage of.

"It's a program where we end up with the loan, but the discounts - saving us the \$660,000 and then not paying the \$580,000 in interest - it's a great program to be involved with," he said. "You guys do a great job."

Councillor Anne Mahoney asked if the city would be using any American Rescue Plan Act funds to pay for infrastructure work. Shea said \$4 million in ARPA money from Norfolk County was used for sewer and water main work in the area of the Fore River Shipyard.



QUINCY POLICE CHIEF Paul Keenan (middle) attended the Police Graduation of the second ROC class at the Lynnfield MPTC Academy April 28. Quincy Police welcomes Officers Michael MacPherson and Daniel Reilly who graduated at the academy. Officer Michael MacPherson formerly worked for Quincy Public Schools. Officer Daniel Reilly served in the U.S. Navy as a Religious Programs Specialist. He gave the invocation and benediction at the April 28th ceremony. Daniel's brother is also a Quincy Police officer. The two officers have begun field training.

Courtesy Photo

Petition Would Allow Retired Firefighters To Work Paid Details

By SCOTT JACKSON

City councillors on Monday approved a home-rule petition that would make it possible for retired Quincy firefighters to work paid detail assignments.

Councillors approved the home-rule petition, introduced that evening by Mayor Thomas Koch, in a 7-0 vote. Ward 2 Councillor Anthony Andronico, who works as an aide on Beacon Hill, abstained and Ward 6 Councillor William Harris was not in attendance.

As a home-rule petition, the legislation must still be approved by state lawmakers and then signed into law by the governor.

If approved, the legislation would enable the city's fire chief, with the approval of the mayor, to appoint retired Quincy firefighters as special firefighters who would be eligible to work paid detail assignments. Before being appointed as

a special firefighter, a retired firefighter would have to pass a physical exam, the cost of which would be borne by the retiree.

Each appointment would be for a one-year term and the fire chief, with the approval of the mayor, would have the power to remove or decline to reappoint a special firefighter for any reason, with or without cause. A special firefighter's appointment would automatically terminate on their 70th birthday; the mandatory retirement age for firefighters and police officers in the state is 65.

Chris Walker, Koch's chief of staff, on Monday noted the city's police chief already has similar authority to name special police officers who can work details. Walker said both Fire Chief Joseph Jackson and IAFF Local 792, the union which represents Quincy firefighters, support the proposed

legislation.

"Over the course of the last several years, there have been more private details required of our fire department and the more there are, the harder they become to fill," Walker said, adding that the police department has also had a hard time filling all its detail assignments.

Fire details are required on certain construction sites, Walker stated, as well as demolition sites. They are also required at certain major public events, like New England Free Jacks home games at Veterans' Memorial Stadium.

Councillor Nina Liang said it makes sense to bring in retired firefighters to work details.

"Folks that are retired already know the city, they know the process and the team work," she said. "It's better them versus going out to other cities and towns for help."

Report Recommends Raises For Dept. Heads

Cont'd From Page 1

tasked with reviewing. The study found the aggregate base pay for those 61 positions is 13 percent below the 50th percentile market salary for those jobs.

"Overall, across those 61 benchmark jobs we did find the city is misaligned with the market," Verdoorn said. "At an aggregate level, it's 13 percent behind."

The market data was also used to create a 23-grade pay scale, with minimum, midpoint and maximum salaries for each pay grade. Each of the 86 positions was slotted into the pay range where the midpoint salary most closely aligned with the market 50th percentile pay point.

The report recommends base salaries of \$170,000 for several of the city department heads and other appointees, including the director of municipal finance (budgeted at a salary of \$131,269 in the current fiscal year), commissioner of public buildings (\$131,269), commissioner of natural resources (\$159,749), commissioner of public works (\$131,271) and chief of staff to the mayor (\$123,279).

The report also recommends a salary of \$160,000 salary for the city engineer. That position currently has a salary of \$155,095 divided between five different departmental budgets, including the sewer and water enterprise fund budgets.

The recommended salaries for each of those positions would surpass the mayor's salary of \$150,943 in the current fiscal year. The Gallagher report does not include recommended salaries for either the mayor or the city councillors.

The report recommends that several other positions have their salaries raised to \$150,000. They include the chairperson of the board of assessors (budgeted at a salary of \$131,299 this fiscal year), city clerk (\$131,488), city solicitor (\$131,271), director of information technology (\$123,279), director of inspection services (\$123,279), planning director (\$131,271), the mayor's director of operations (\$105,587), treasurer/collector (\$151,290), and the director of the traffic and parking department (\$123,993).

The report suggests a salary of \$135,000 for the city

auditor, a position that has a salary of \$123,279 in the current budget. Salaries of \$130,000 are recommended for several other department heads, including the commissioner of public health (budgeted salary of \$108,43 this fiscal year), the director of the Thomas Crane Public Library (\$115,290), and the human resources director (\$115,290).

Among other suggestions, the report recommends raising the salary of the city's traffic engineer from the currently budgeted figure of \$115,289 to \$130,000; the director of accounts in the municipal finance department from \$99,880 to \$130,000; the director of the council on aging from \$101,716 to \$120,000; the director of emergency management from \$91,438 to \$120,000; the purchasing agent from \$101,716 to \$120,000; and the recreation director from \$95,849 to \$110,000.

The report also includes recommended salaries of \$181,935 for the city's fire chief and \$151,074 for the police chief, both of which are in line with the current budget for those positions.

House Passes FY24 Budget; Quincy Education Aid Up 27%

Highlights: Permanent Funding For Universal School Meals, Free Community College For Qualifying Residents, And Investments In Child Care Funded By The Authorization Of Online Purchasing Options For The State Lottery

The Massachusetts House of Representatives passed its Fiscal Year 2024 (FY24) budget April 26. Lawmakers said the budget responds to the needs of residents and makes targeted investments that provide support for families across the Commonwealth. Funded at \$56.2 billion, the House's FY24 budget provides strong support for the Commonwealth's cities and towns, and among many critical investments, includes significant funding for education, transportation, health care, housing, and workforce development.

"From critical investments in health care and workforce development, to funding for new initiatives that are designed to increase educational opportunities, better support working families, and provide for a safer and more reliable public transportation system, the House's FY24 budget will help to make Massachusetts more affordable for residents, while allocating support for the Commonwealth's most consequential institutions," said House Speaker Ronald J. Mariano (D-Quincy). "I want to thank Chairman Michlewitz for the indispensable role that he played in this budget process, as well as the Committee on Ways and Means, and all my colleagues in the House, for working tirelessly to get this done."

"Once again, I am proud to vote for a House Budget that focuses on the needs of our communities by maintaining key support services and investing in our education, local aid, and transportation needs," said Representative Tackey Chan (D-Quincy). "I want to thank the House Ways and Means Chair, as well as the Speaker and our colleagues in the Quincy delegation for their tireless efforts and partnership in ensuring Quincy's vital service agencies, including QCAP, QARI, and Germantown Neighborhood Center, received the necessary support to continue their important work."

"I'm pleased to have joined with my colleagues in passing a budget that invests in education, economic development, housing, healthcare, and workforce development," said Representative Bruce Ayers (D-Quincy). "Working with the delegation, I'm especially glad to see our amendments for Quincy included, pro-

viding funds for important initiatives like the Marina Bay Ferry, Quincy Asian Resources, Quincy Community Action Programs, increased seasonal state police patrols along Wollaston Beach, traffic mitigation at the Ricciuti Drive intersection, and many others. I'm fortunate to work with a great delegation, and I especially appreciate Speaker Mariano's leadership on this budget. I know it will have many positive impacts on Quincy, my district, and the entire state."

Due to the Commonwealth's strong revenue collections, including the additional estimated revenue from the voter-approved Fair Share Constitutional Amendment, the House's FY24 budget provides increased financial support in a number of critical areas. Additionally, the House recently passed a comprehensive tax relief package targeted at residents across all income levels that would provide \$654 million in direct financial relief in FY24. As a result of the same fiscally responsible leadership that has allowed for tax relief, the state's Stabilization Fund is estimated to stand at a record high of \$9.04 billion.

The budget passed April 26 uses \$1 billion in anticipated Fair Share revenue, funding that this budget splits evenly between education and transportation initiatives. Revenue from this change will supplement existing funding for education and transportation investments, and will be directed to a new Education and Transportation Fund, then distributed to programs listed at the top right of this page (chart):

Fair Share Investments

With its budget, the House is requiring public schools to provide universal school meals to all students free of charge, making Massachusetts the sixth state in the country to make the program permanent, according to the National Conference of State Legislatures. Due to this program, which the House has extended each year since the COVID-19 pandemic began, 56,000 additional children ate school lunch daily in October 2022 compared to October 2019, according to the Feed Kids Campaign.

This budget expands the current High Demand Scholarship program, which encourages degree comple-

tion in disciplines that will help to address the workforce development challenges facing the Commonwealth. This expansion will provide financial assistance to students pursuing graduate, undergraduate, or certificate programs for in-demand professions at public institutions of higher education. After graduation, students who accept this financial assistance are required to work in an in-demand industry in Massachusetts for five years.

Additionally, this budget creates Green School Works, a competitive grant program for projects related to installation and maintenance of clean energy infrastructure at public schools. The program will be administered by the Department of Elementary and Secondary Education, and preference will be given to schools serving low-income and environmental justice populations.

To address ongoing safety concerns at the Massachusetts Bay Transportation Authority (MBTA) that have been identified by the Federal Transit Administration's Safety Management Inspection, this budget allocates \$65 million, as well as \$250 million for capital projects, and \$5 million to explore the feasibility of implementing a means-tested fare program.

Local Aid

The FY24 House budget funds Unrestricted General Government Aid (UGGA) at \$1.250 billion and Chapter 70 education funding at \$6.584 billion. The budget funds the third year of a six-year implementation plan for the Student Opportunity Act (SOA), which was enacted in 2019 to ensure that public schools have the resources needed to provide high-quality education to students across the state, regardless of zip code or income level. It provides an additional \$30 per pupil in minimum aid supplements, bringing the minimum aid total to \$60 per pupil. Quincy received a 27% increase in Chapter 70 education funding, receiving a total of \$45,107,807. Additionally, the budget includes the following education initiatives:

- \$506 million for the Special Education Circuit Breaker program
- \$233 million for charter school aid
- \$108 million for regional school transportation
- \$29 million for home-

House's Fair Share Investments			
Education		Transportation	
Universal School Meals	\$161,000,000	MBTA Capital Investments	\$250,000,000
Green School Works	\$100,000,000	Highway Bridge Preservation	\$100,000,000
MassGrant+	\$84,000,000	Regional Transit Funding & Grants Electrification	\$70,000,000
High Demand Targeted Scholarships	\$50,000,000	MBTA Workforce/Safety Reserve	\$65,000,000
C3 Stabilization Grants	\$40,000,000	Water Transportation	\$10,000,000
Income Eligible Waitlist	\$25,000,000	MBTA Means-Tested Fares	\$5,000,000
MassReconnect	\$20,000,000	-	-
Endowment Match	\$20,000,000	-	-
TOTAL	\$500,000,000	TOTAL	\$500,000,000

less student transportation

The House budget also increases the limit on the amount of grant funding that can be approved by the Massachusetts School Building Authority (MSBA) from \$800 million to \$1.1 billion for school building construction and renovation projects.

Early Education and Care

To continue the House's longstanding commitment towards investing in the early education and care (EEC) workforce, the House budget includes \$100 million in rate increases for subsidized childcare providers across the Commonwealth.

To create a new funding source for EEC, the budget passed April 26 would allow the Massachusetts Lottery to sell its products online. Part of the new revenue collected from online sales, estimated to be \$200 million annually, would go to an Early Education and Care Operational Grant Fund to fund Commonwealth Cares for Children (C3) grants, which provides long-term stability for high-quality and affordable care for families. Additionally, the budget requires the Department of Early Education and Care to report on the current C3 grant formula and make recommendations to ensure they are providing optimal results for families and communities with the greatest needs. Other early education and care investments include:

- \$714 million for child care for children involved with the Department of Children & Families, Department of Transitional Assistance, and for low-income families
- \$490 million for Commonwealth Cares for Children (C3) grants
- \$20 million for child care resource and referral agencies
- \$17.5 million for Head Start grants
- \$10 million for early

education and care provider higher education opportunities

- \$5 million for early childhood mental health grants

Higher Education and Job Training

The House budget allocates \$692 million for the University of Massachusetts system, \$338 million for community colleges, and \$327 million for state universities, including \$200,000 for student supports at Quincy College. Other higher education investments include:

- \$175 million for scholarship funding
- \$20 million to provide free community college to students over the age of 25 to complete their education and training (MassReconnect)
- \$15 million for early college
- \$14 million for the Community College SUCCESS fund
- \$12 million for dual enrollment

Quincy Investments

Under the budget passed by the House, Quincy will see a 1.6% increase in Unrestricted General Government Aid totaling \$22,473,216. The budget also included key investments in Quincy safety and transportation services, local non-profits, and community organizations:

- \$50,000 for Quincy's hazardous materials emergency response program
- \$50,000 for Friends of Faxon Park
- \$100,000 for Germantown Neighborhood Center
- \$100,000 for Quincy Asian Resources, Inc. (QARI)
- \$500,000 for the Adams Presidential Center

- \$25,000 for the Ward 2 Civic Association

- \$25,000 for the Penn's Hill Neighborhood Association, Inc.

- \$100,000 for improvements, preparedness, and operation of the Quincy ferry service

- \$100,000 for Quincy Community Action Programs, Inc. (QCAP) for their homelessness prevention services

- \$140,000 for Manet Community Health Center's Attleboro satellite health center expansion

- \$40,000 for traffic mitigation at Ricciuti Drive and the I-93 southbound off-ramp

- \$95,000 for designated seasonal state police patrols at Wollaston Beach

The House budget also included language requiring translated Certified Nursing Assistant (CNA) exams, a longtime priority for the House. The Red Cross, previously responsible for administering translated CNA exams, stopped offering translated tests leading to a shortage of bi-lingual CNAs. Places like South Cove Manor Rehabilitation Center in Quincy have a large Chinese-speaking senior population who rely on Chinese-speaking CNAs for quality care. By mandating a reimplementation of translated exams, senior care facilities can once again tap into the qualified workforce to hire staff.

Speaker Mariano and the House Committee on Ways & Means introduced their FY24 budget proposal on April 12, following a review of the governor's proposal and a series of public hearings. The budget passed the House of Representatives 156-0, and goes to the Senate for consideration.

More Quincy news:

The Quincy Sun.com

High School Docents Bring History To Life

By TOM GORMAN

North Quincy and Quincy High School students shared the history of the Dorothy Quincy Homestead to their peers as part of the Quincy Public Schools' docent program.

On a recent Tuesday, a group of about 20 Quincy High School student docents conducted tours of the 1600s-era National Historic Landmark site on Butler Road as part of a field trip for 10th grade North Quincy High School American History students. Two or three student docents were positioned in each room, explaining the historical significance of the room's artifacts as well as about those who lived in the home to their North Quincy high peers. The following Thursday, it was North Quincy High School docents' turn to provide tours for Quincy high 10th graders.

"Today is end result of what I should say is a fairly rigorous four days of training in an accelerated course in historical interpretation, what it means to be a docent, a public speaker, and to learn the story of this historic site," said City of Quincy History and Heritage Resources Director Bob Damon. "So today is the capstone for that project. Once they complete this, they are as qualified as any tour guide on the Freedom Trail in Boston."

Damon explained the docent program helps students learn about history and culture in a way that can't be experienced in the classroom. Additionally, he said the program builds students' career skills and confidence in public speaking.

"It's an empowering experience to affirm their skills and abilities," he said.

Quincy High School Social Studies teacher and docent program co-coordinator Erin Twomey said the students underwent four full days of training over several months. The training involved "how to process artifacts, do historical research, and create an interpretive script of a historical site."

The school department worked in conjunction with the Quincy Historical Society, Adams National Historical Park, and The National Society of The Colonial Dames of America in the Commonwealth of Massachusetts. The society runs the Dorothy Quincy Homestead.

"This site is one of the only colonial homesteads in the country that was continuously lived in by the same family for over 200 years," said Twomey.

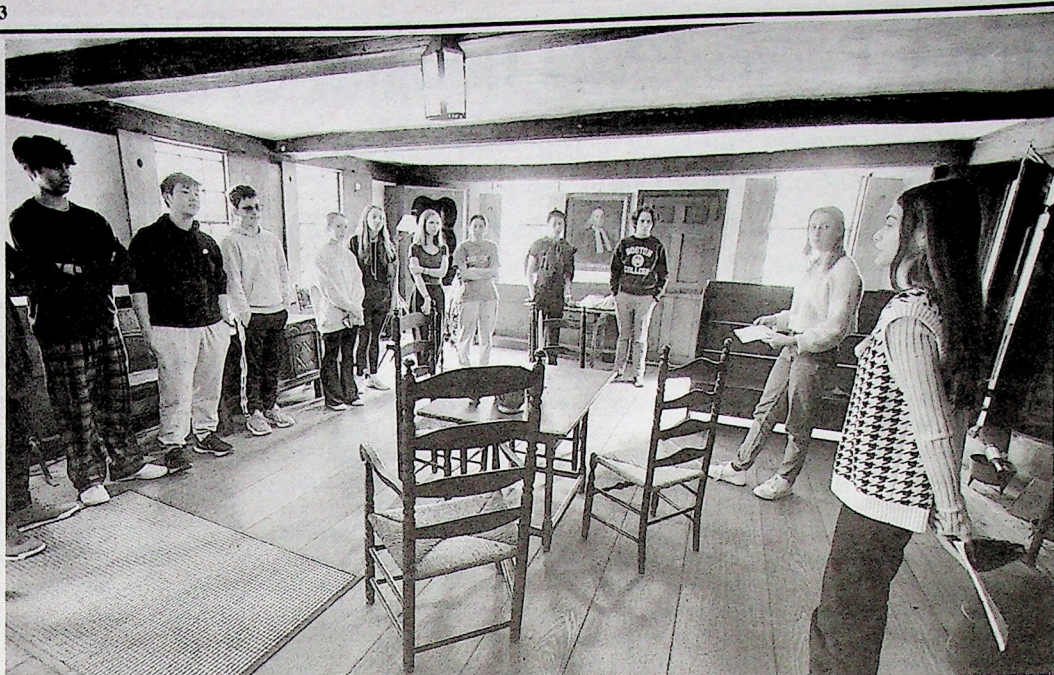
Additionally, she said the school department also worked with Dr. Kerima Lewis, a history professor at Quincy College, Massasoit Community College, and Emerson College. Lewis is a local historian on slavery in New England.

During the students' research, they found that slaves were used at the homestead.

"We've also had the privilege to be working with Dr. Kerima Lewis on cutting edge research in trying to uncover the everyday lives of the slaves and servants of the Quincy Family by tapping into her expertise in the lives of slaves in New England," Twomey said.

The student docents now have the opportunity to work as tour paying guides at the homestead and at various historical sites as paid summer interns.

"The homestead will be hiring some of these students who are interested in working here as docents to help ex-



QUINCY HIGH SCHOOL student docents, junior, Mollie Smith Gaeta, second from right, and senior, Ronak Jahangirian, right, talk about how slaves were used to prepare meals at the Dorothy Quincy Homestead to North Quincy High School students.

Quincy Sun photos/Tom Gorman

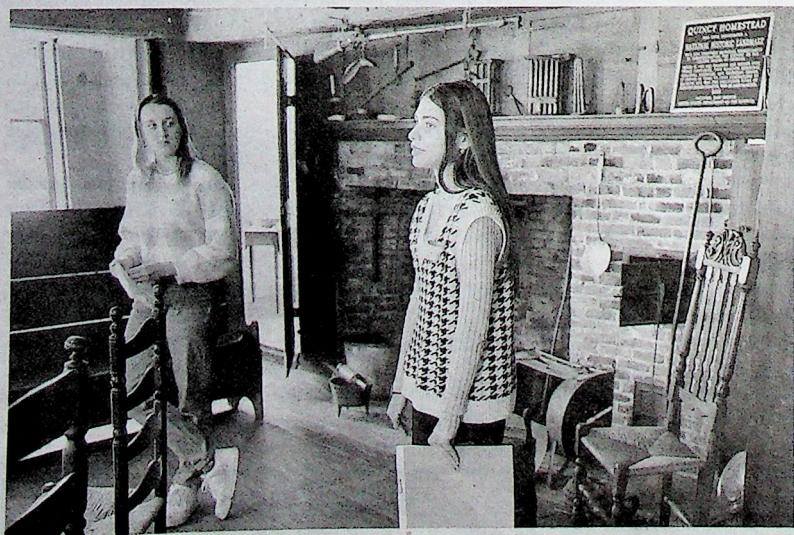


CITY OF QUINCY Director of History and Heritage Bob Damon, right, greets North Quincy High School students for a tour of the Dorothy Quincy Homestead that was conducted by Quincy High School student docents.



QUINCY HIGH SCHOOL student docent, Safaa Hadrach, a sophomore, right, discusses the dining room of the Dorothy Quincy Homestead to North Quincy High School students during a tour of the historic home.

Cont'd On Page 17



QUINCY HIGH SCHOOL student docents, Mollie Smith Gaeta, left, a junior, and Ronak Jahangirian, a senior, describe the kitchen area of the Dorothy Quincy Homestead to North Quincy High School students.



QUINCY HIGH SCHOOL student docents, Safaa Hadrach, left, and Salma Oubtrou, right, both sophomores, describe the dining area of the Dorothy Quincy Homestead to North Quincy High School students.

High School Docents Bring History To Life

Cont'd From Page 16

pand the number of hours the homestead can be opened for this tourism season," Damon said. "The city also runs a summer youth core internship program. Students who graduate as docents are qualified to be members of that program."

Twomey noted some of these internships may lead to employment as well.

"Last year Jack Collins, Quincy High School Class of 2022, was offered a job for this summer to coordinate volunteers at USS Salem," she said. "Susan Bennett of the National Society of the Colonial Dames of America is hoping to hire several student docents as permanent docents for the Dorothy Quincy Homestead this spring and summer."

The docent program started about 25 years ago through a field trip partnership with the Boston Museum of Fine Arts. According to Damon, ninth grade world history students would go to the museum "to interact with culture, history, and artifacts from the particular historical global civilization they were studying."

"After that, 10th grade students who were inter-

ested could go train peer docents at the museum for future ninth grade field trips," he said.

Due to the COVID pandemic, the museum cut off the partnership in 2020 prompting North Quincy High School social studies department Chair Danielle Fernandez to approach Damon to find a way to recreate or continue the docent program. Damon worked with Fernandez to develop the program with the Dorothy Quincy Homestead. Students worked with Damon, Bennett, Lewis, and Museum Educator Erin Wederbrook Yuskaitis.

"So today is the end result of that effort," said Damon.

Quincy High School junior docent Tom Curtin explained how the program teaches the city's history.

"I like living in our city and I love learning more about it and spreading more information about it," he said. "I really hope the people (North Quincy High students) we tour catch on and they want to join. It's been helpful learning more about the city and just knowing what has happened here. It's really opened a new eye, something we share now."



DOROTHY QUINCY HOMESTEAD music room is described by Quincy High School student docents, Janna Salbibia, left, a senior, and sophomore Kelly Mai, right, to North Quincy High School students. Quincy Sun photo/Tom Gorman

Docent Kiernan Collins, a Quincy High junior, said it was interesting to provide a tour to a group of tourists who unexpectedly showed up.

"An Australian couple came by during our lunch break and some of us decid-

ed to give them a mini tour," he said. "It was nice to give people who are adults, instead of students, a tour."

Quincy High senior docent Ronak Jahangirian added that it was a good experience to tour a group of adults since "we are more

likely to get adults than students on a tour" when they are working as summer guides.

Added Quincy High junior docent Mollie Smith Gaeta: "It's not just students who come here, it's people from all over the world."

Collins noted their training as docents helped them to improvise when needed.

"Sometimes we have to go off our script to provide timing for the next group or if someone asks a question," he said. "We need to know

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Music, Dance & Plein Air Painting*

Saturday, May 13, 2023 | 2-5 p.m. | Hancock-Adams Common



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Noon-6 p.m.
Hancock-Adams Common

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Whitney Doucet & Moonshine Band 12:50-1:35pm
Jake Ash Band 1:55-2:40 pm
Chase Clark 3:00-3:45 pm
Martin Kelly 4:05-4:50 pm
Cashwood 5:10-6:00 pm

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ROLL CALL of the 50 Quincy men listed on the Vietnam Veterans Memorial Clock Tower was read during the April 27 ceremony by Michael Norton (left) and Jerry Nichol (right). Norton is the son of the late Lawrence Norton, who organized the annual event for many years. Nichol is a Marine Corps veteran of the Vietnam War and a retired Quincy police officer.



ATTORNEY JOSEPH FLAHERTY, a Marine Corps veteran of the Vietnam War, was the keynote speaker at the ceremony. "It's been 55 years for most Vietnam veterans, and our ranks are beginning to shrink," Flaherty said at the conclusion of his speech. "So, keep your family, your faith and your old friends close."

'They Will Be Forever Remembered And Treasured'

Cont'd From Page 1

The ceremony at Marina Bay was held shortly after the city dedicated the intersection of East Squantum and Lansdowne streets in memory of US Army Staff Sgt. Robert Phillips, a Quincy native who was executed after escaping from a prisoner of war camp.

The keynote speaker for the April 27 ceremony at Marina Bay was attorney Joseph Flaherty, a corporal in the US Marine Corps during the Vietnam War who arrived in the country in 1968 at the start of the Tet Offensive. He joined the Massachusetts State Police in 1974 and retired in 2005 as a detective lieutenant. Flaherty earned his law degree while serving with the State Police and does pro bono work on behalf of veterans.

Flaherty said he was humbled to join the ranks of keynote speakers at the Marina Bay ceremony, a distinguished group that includes Medal of Honor recipients, former prisoners of war, and the then chairman of the Joint Chiefs of Staff, among others. The ceremony has been held annually since the clock tower was dedicated in 1987.

"Thirty-six years later we still honor the Vietnam veterans who courageously and selflessly sacrificed their lives in service to our nation," Flaherty said. "We humbly remember their selfless devotion, commitment to our freedom. They served and sacrificed with immense courage and bravery and left us with an example of service and commitment to our nation."

"We honor their memory and pledge to never forget their valiant sacrifice. They will be forever remembered and treasured in our hearts."

Flaherty said he wanted to honor two men in particular in his remarks.

"I would also like this day to be a personal tribute to two people who have always put others first and have attended this ceremony for many years," he said. "My brother Bob 'Flash' Flaherty, a Vietnam Era veteran, died unexpectedly on March 28, and also a man named Clem O'Brien who was a master social worker at the Veterans Administration who saved countless lives of veterans with PTSD and those suffering from life-long illnesses as a result of the war."

Flaherty said his late brother embodied the Marine Corps values of honor, courage and commitment.

"My brother was a life-long Necka, Houghs Neck to those who haven't been out to the peninsula. He was tall and quiet but had a dry wit and a sense of humor you never would have imagined. He was also the best brother, family man and friend you could ever wish for," Flaherty said.

"He also lived his life with Marine Corps values of honor, courage and commitment. His spare time was doing for others less fortunate, driving disabled veterans to doctors' appointments, serving Meals on Wheels to the elderly, Eucharist minister of holy communion, and a life member of the Caddy Detachment, Marine Corps League, and the detachment chaplain."

Flaherty said O'Brien, who is undergoing treatment for brain cancer, helped many of the veterans who were in the room for the ceremony that day.

"A master social worker at the Veterans Administration for decades, Clem is a



MICHAEL NORTON led the audience at the April 27 ceremony in the Pledge of Allegiance. Norton is the grandson of the late Lawrence Norton, the longtime president of the Quincy Chapter of the Vietnam Combat Veterans Combined Armed Forces. At right are members of the North Quincy High School Air Force Junior ROTC.

true hero and an example to all of us. Clem was a savior to many of the people here today. Many of us were broken when we got back from Vietnam, and Clem and his group at the VA helped put us back together again," Flaherty said.

"Even now as he struggles with the physical and emotional pain that comes from a brain cancer diagnosis, Clem has never given up on his role as a leader, a giver and an old friend."

After sharing remembrances of several of the men honored on the clock tower, Flaherty closed his remarks by reflecting on the song, "You Can't Make Old Friends."

"It's been 55 years for most Vietnam veterans, and our ranks are beginning to shrink. So keep your family, your faith and your old friends close because, as the song goes, 'it was you and me since way back when, you can't make old friends,'" Flaherty said.

"Please keep my brother Bob Flaherty, my friend Clem O'Brien, all the men on this clocktower and their families in your prayers, including Sgt. Bob Phillips who we honored earlier today."

Christine Cugini, the city's director of veterans' services, thanked the Vietnam veterans present for their service.

"To our Vietnam veterans, I want to express my gratitude and admiration for your courage and sacrifice. You answered the call to serve your country even when that service was not always welcomed or appreciated," Cugini said.

"You fought bravely in some of the harshest conditions imaginable and under the constant threat of enemy attack. Despite facing enormous challenges, you never wavered in your commitment to our country and to each other."

"You formed deep bonds with your fellow soldiers, forged in the crucible of combat, and those bonds continue this day. You

fought not only for your country, but for your brothers and sisters of arms, and for the values and ideals that make America great."

Mayor Thomas Koch noted the ceremony inside Port 305 was being held steps away from where the city plans to install a Lone Sailor statue to honor its Navy veterans. Koch hopes to dedicate the statue on Oct. 13, the anniversary of the founding of the Continental Navy in 1775.

"I'm proud to say we have finalized the location for the Lone Sailor statue and it's going to be right behind you. A portion of this building behind this is com-

Cont'd On Page 20

Robert Phillips Square Dedicated In Squantum

Quincy Native Was Executed After Escaping From A Prisoner Of War Camp In Vietnam



SSG ROBERT P. PHILLIPS SQUARE, located at the corner of East Squantum and Lansdowne streets, was dedicated on April 27. Listed as missing in action, he was executed after escaping from a prisoner of war camp during the Vietnam War. Pictured with the sign is John Magnarelli, a friend of Phillips' who also served in the Vietnam War. Quincy Sun Photo/Scott Jackson

By SCOTT JACKSON

The intersection of East Squantum and Lansdowne streets has been dedicated in memory of a Quincy native who was executed after escaping from a prisoner of war camp in Vietnam.

Dozens of veterans and city officials gathered at the intersection on April 27 for the dedication of the Staff Sgt. Robert Phillips Square. The square dedication was followed shortly thereafter by a ceremony in nearby Marina Bay honoring all of the city's Vietnam veterans.

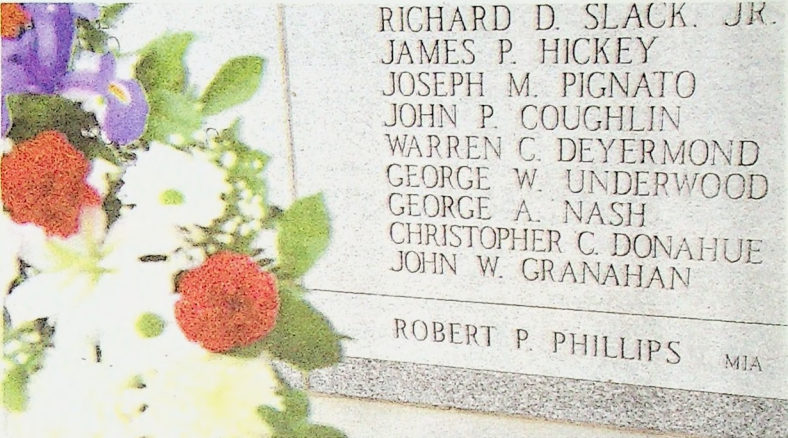
A US Army staff sergeant, Phillips grew up in North Quincy before moving to Ohio. Listed as missing in action, officials said Phillips was captured on his second tour of duty in Vietnam and held prisoner of year for almost a year. He escaped but was caught and eventually executed.

Because his family had moved to Ohio, Phillips' name had been accidentally omitted from the memorial clock tower in Marina Bay. His name was added during a ceremony last year, becoming the 50th person listed on the clock tower, and Phillips was further honored last week with the memorial square on Lansdowne Street, the street he lived on.

John Magnarelli, an Army veteran of the Vietnam War and friend of Phillips' from their time in school together, spoke at the square dedication. In his remarks, Magnarelli reflected on the word "closure."

"Mine and your relationship with Bobby has been going on for a long time. It started with me as a good friend of mine in eighth and

Cont'd On Page 20



THE NAME of Robert P. Phillips (bottom) was inscribed on the Vietnam War Memorial Clock Tower last year. There are now 50 names of Quincy residents who died as a result of the Vietnam War. Quincy Sun Photo/Robert Bosworth

Benefit Concert At Faith Lutheran Church

Faith Lutheran Church, 201 Granite St., Quincy invites the public to a Charity Recital on Saturday, May 6th, at 4 p.m. for the Fire Recovery Fund of the Cambridge Faith Lutheran Church, presented by Marcus Johnson, Baritone, with Joel Davidson, pianist, Chris Robins, oboist, and Nikki Ready, Soprano.

All donations will go to the Cambridge Faith Lutheran Church Fire Recovery Fund, which suffered a terrible fire in the steeple on Easter. For further information contact: johnson.marcus.alan@gmail.com.

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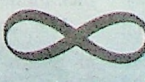
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'They Will Be Forever Remembered And Treasured'

Cont'd From Page 18

ing down. There is going to be a beautiful new mini park dedicated to our Navy veterans," Koch said.

"As you most of you know, this site is historic. In World War I they built destroyers out here in the victory plant. In World War II it was a naval air station here for many years. So, it's rather appropriate."

The mayor also encouraged younger veterans to get involved in veterans' organizations because, he stated, future leaders of the city may look to remove monuments to veterans.

"Frequently I talk to young veterans coming home, and I ask them what's next. I ask them have you joined a post and most of them shy away, 'I don't want to be hanging at a post.' I always give them the message, it's not about hanging at the post, it's about being part of a group that continues to honor the tradition. I said that's the important aspect," Koch said.

"You've got to be organized because you know at some point down the line the way we're seeing our country go...there could be leadership down the road in our city that says 'hey, let's take some of that stuff down, it represents violence.'"

The Rev. John Swanson, who delivered the invocation and benediction during the Marina Bay ceremony, said Quincy takes care of its own.

"With all due respect to the city where I'm a pastor right now, Lynn, a great city, nothing holds a candle to what the city of Quincy does for veterans, period. Nothing. Nothing. I tell people in my church what Quincy does and they're just amazed at that," Swanson said.



THOMAS BOLINDER, a Marine Corps veteran of the Vietnam War and a retired Quincy police lieutenant, served as the master of ceremonies on April 27. Bolinder opened the ceremony by remembering the late Lawrence Norton, the longtime president of the Quincy Chapter of the Vietnam Combat Veterans Combined Armed Forces.

son said. "We take care of our own."

Thomas Bolinder, a Marine Corps veteran of the Vietnam War and a retired Quincy police lieutenant, served as the master of ceremonies on April 27. Bolinder opened the ceremony by remembering the late Lawrence Norton, the longtime president of the Quincy Chapter of the Vietnam Combat Veterans Combined Armed Forces.

"I just want to remember my good friend Larry Norton and all he did to keep this thing going, because I would have quit a long time ago," Bolinder said.

At the close of the event, Bolinder vowed to continue the tradition as long as he could.

"We're all here and we'll all be here...until our number gets called," he said. "Like Pastor Jack said and



THE REV. JOHN SWANSON, who delivered the invocation and benediction during the Marina Bay ceremony, said Quincy takes care of its own. "With all due respect to the city where I'm a pastor right now, Lynn, a great city, nothing holds a candle to what the city of Quincy does for veterans, period."

Quincy Sun Photos/Robert Bosworth



CHRISTINE CUGINI, the city's director of veterans' services, thanked the Vietnam veterans present for their service. "To our Vietnam veterans, I want to express my gratitude and admiration for your courage and sacrifice. You answered the call to serve your country even when that service was not always welcomed or appreciated," she said.

Joe said, keep yourself close to God because, 75, 76 years old, you never know when he's going to call you."



MAYOR THOMAS KOCH noted the ceremony inside Port 305 was being held steps away from where the city plans to install a Lone Sailor statue to honor its Navy veterans. Koch hopes to dedicate the statue on Oct. 13, the anniversary of the founding of the Continental Navy in 1775.

Robert Phillips Square Dedicated In Squantum

Cont'd From Page 19

ninth grade. Then he moved out of town, lost touch," Magnarelli said.

"The next time I saw him I was literally sitting on the tarmac at Tan Son Nhut Air Base waiting to come home and he comes walking by. He was planning to come back to Quincy, we made all these great plans, and obviously they didn't happen. So, there's no closure.

"We find out a couple months later that he's MIA. Still no closure. It took a long time to find out through the grapevine and through the reports from the US Army that he wasn't MIA. He was a POW for about 18 months and was executed. Still no closure."

Last year's ceremony, during which Phillips' name

was added to the clock tower, was very moving, Magnarelli said, but did not bring closure.

"I thought that would bring some closure, but it still didn't," he said. "We had one more thing to do here, we had the memorial sign."

About two months after last year's ceremony, Magnarelli said he got a call from an Air Force officer who was looking for Phillips' family. The officer was responsible for cleaning up an abandoned air base near Buffalo, NY, and found a boulder with bronze plaque honoring Phillips during that effort. Magnarelli said that in 1975 a young girl, who wanted to do something on behalf of a prisoner of war, decided to raise funds for

the plaque honoring Phillips. Magnarelli will be representing the family when it is rededicated, possibly as soon as this summer.

Around Christmastime last year, Magnarelli said he received a package from a woman in Florida who he had never met before. The package included a POW bracelet bearing Phillips' name and a letter from the woman, who said she chose Phillips' bracelet because the month and day of his capture matched her father's birthday and she "hoped it would bring a little extra luck for his safe return."

Magnarelli said he suggested welding the bracelet to the new sign at the memorial square and asked Mayor Thomas Koch about that idea a couple months

ago. Instead of welding it to the sign, Magnarelli said the mayor plans to include it within the museum space at City Hall, along with the letter and other items.

"It is a fantastic idea," Magnarelli said. "Those of you who knew Bobby, the last thing you would think of, he's going to be rubbing elbows with the likes of John Adams and John Quincy Adams and John Hancock."

"He was a unique kid, he was as wild as they come, and that's why we got along so well together."

Magnarelli closed his remarks by once again reflecting on the word "closure."

"The more I think of it, there shouldn't be closure. As long we keep him in our

memory with memorials like this, there is no closure, and there shouldn't be," he said. "I want to thank you all for coming out today, and God rest Bobby."

Speaking at the ceremony, Koch said service members like Phillips did not die in vain.

"We continue to lead the way, the way to never forget and to continue to tell the stories, the stories of those men and what would have been," the mayor said. "I often wonder about that - you see the names on the tower, different memorials around our city - what they would have been, what they would have accomplished, but, they did not die in vain."

"I would suggest, no matter what the debate is

on the policy at the time of the Vietnam War...I would argue it was a major victory of putting a line in the sand of communism that was spreading so rapidly at the time. The men and the women who served in Vietnam are the ones responsible to create that pause in communism."

The city's director of veterans' services, Christine Cugini, thanked those in attendance for their presence.

"It is an honor to be able to do this with all you here to remember Bobby, to hear his story from John. I hope you all have his information and you read about what happened to him," Cugini said.

"It is important that we do not forget."

Quincy College Inducts 31 Into Academic Honor Society

Nine city residents were among 31 Quincy College students recently inducted into the local chapter of Phi Theta Kappa (PTK), an international academic honor society that focuses on leadership, scholarship, fellowship and service.

Following welcoming remarks from College President Dr. Richard DeCristofaro and Provost Dr. Servet Yatin, Dr. Kenneth Texeira – a member of the Psychology department faculty – delivered the evening's keynote address.

PTK Chapter Officer Ashley Goncalves and Melissa Lord, the College's Student Wellness and Program Coach who serves as Chapter Advisor, then presented each student with a certificate of membership and a traditional white rose.

The nine new inductees from Quincy are: Marilia DePaula, Ryan Grossman, Win Han, Donna Leblanc, Nathalia Monteiro Lisboa, Jake Louzan, Allen Mo, Tina Permaul and Jasmatie Persaud.

Students who join PTK are entering a scholarly fel-



NINE CITY RESIDENTS were among 31 Quincy College students recently inducted into the local chapter of Phi Theta Kappa (PTK), an international academic honor society that focuses on leadership, scholarship, fellowship and service. The nine new inductees from Quincy are: Marilia DePaula, Ryan Grossman, Win Han, Donna Leblanc, Nathalia Monteiro Lisboa, Jake Louzan, Allen Mo, Tina Permaul and Jasmatie Persaud.

Courtesy Photo

lowship with a presence on almost 1,300 community college campuses in 11 na-

tions. More than 3.5 million students have been inducted since the society was

founded in 1908, and there are approximately 250,000 active members at US com-

munity colleges. PTK has more than \$90 million in available in scholarships for

members to help them complete associate's, bachelor's, and some master's degrees.

NQ Boys' Volleyball Sweeps Greater New Bedford

By **TOM JOYCE**

Three sets. Three wins.

The North Quincy High boys' volleyball team had no issue taking down Greater New Bedford Vo-Tech last week.

The Raiders swept yet another team. The Raiders defeated GNB 3-0 April 26. With the win, the Raiders improved to 7-1 on the season. It was the fifth sweep the Raiders got through eight games.

The Raiders were dominant in the first set, winning it 25-14.

Although they trailed 3-2 early in it, the Raiders eventually pulled away. They went on a 6-0 run to take an 8-3 lead; they never relinquished the lead.

Hao Lin and Cameron Johnston were sharp during that stretch, each getting a pair of kills. Johnston also had a block to give the team the five-point lead in the set; this forced a GNB timeout.

Additionally, Johnston forced a GNB timeout with a kill later in the set giving the Raiders a 14-7 advantage. As the set progressed, the team continued expanding its lead. Later in the set, it got a couple of points thanks to errors against GNB. However, Johnston capped off the set with a kill; the 11-point margin of victory in the first set was the Raiders' best performance of the match.

The Raiders also had a strong win in the second set.

They finished the set on a 6-0 run and ended up with a 25-15 win.

The Raiders had two runs in the set that were the difference-makers. With the set tied at eight apiece, they had a 4-0 run to put themselves up 12-8.

Gavin Yu provided strong serving in that stretch; he had back-to-back aces. The first point of the run came on a carry against GNB, and Johnston capped it off with a kill.

The set was competitive near the end. However, the Raiders pulled away. They had a 19-15 lead but finished strong to secure the 10-point win.

Dylan Clifford had a pair of kills, and GNB had a hitting error, giving the Raiders a 22-15 lead. Then, kills from Johnston and Liam Bailey put the team

up by nine points. And Nate Caldwell, who provided strong serving during this scoring run, finished the set with an ace.

The Raiders were dominant at the start of the third and final set of the game, wrapping up their 3-0 win.

After GNB got the first point of the set, the Raiders got the next six. Much of that was thanks to strong serving from Yu; he had four aces in that stretch, giving the team a five-point advantage. The Raiders continued enjoying

success serving in the third set and expanded their lead to 16-5 with an ace from Anthony Chiu.

Ultimately, GNB was unable to make a comeback in the final set. The Raiders won the set 25-18; the game point came on a hitting error against GNB.

The win came two days after the Raiders suffered their first loss of the season; after winning their first six games, the Raiders fell 3-1 to Needham on the road April 24.

The roster for the Raiders includes: senior Gavin Yu, senior Jeffrey Tam, senior Nicholas Tang, junior Xuan Chen, senior Hao Lin, junior Anthony Chiu, senior Jason Li, senior Liam Bailey, sophomore Eugene Foong, junior Ben Walinjom, junior Justin Liu, senior Nate

Caldwell, senior Dylan Clifford, junior Cameron Johnston, and junior Raymond Lin. The team's head coach is Megan Johnston.

The next match for the Raiders will take place on Friday, May 5, at home against the Brockton Boxers (5:15 p.m. start time).

Morrisette Legion Baseball Tryouts

Morrisette Legion Baseball tryouts will be held Saturday and Sunday, May 13-14, May 20-21 and May 27-28 from 12 noon to 2:30 p.m. at O'Rourke Field.

Anyone trying out for the Morrisette Senior Legion or Junior Legion baseball games should attend.

For more information email: Morrisetteball@aol.com.

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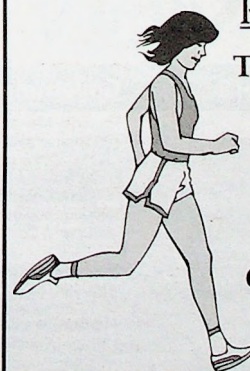
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Movie Review: 'Are You There God? It's Me, Margaret.'

By BOB GARVER

It's hard to believe that the new big-screen adaptation of the classic Judy Blume novel "Are You There God? It's Me, Margaret." made only \$6.8 million at the domestic box office this past weekend. The theater where I saw the movie was more crowded than usual, and the audience clearly liked it to the point where there was applause at the end.

I know that the film's female-centric subject matter can be off-putting to male audiences, but this movie didn't make a fifth of what "The Super Mario Bros. Movie" made in its fifth weekend. The blockbuster filled with eye candy was always going to steamroll this relatively quiet effort, but I would like to see this movie do better because it is the superior film.

Abby Ryder Fortson stars (and nuts to any advertising that says that Rachel McAdams is the star) as Margaret Simon, a sixth-grader in the 1970s. Her world is

turned upside-down when her parents (McAdams and Benny Safdie) announce that the family is moving from New York City to the New Jersey suburbs. Fortunately, it's easy for Margaret to make friends with attention-crazy neighbor Nancy (Elle Graham) and her clique that also includes Gretchen (Katherine Kupferer) and Janie (Amari Price). Unfortunately, that's about the only thing that's easy for Margaret, because sixth grade is the year when things really start to get dramatic for preteens.

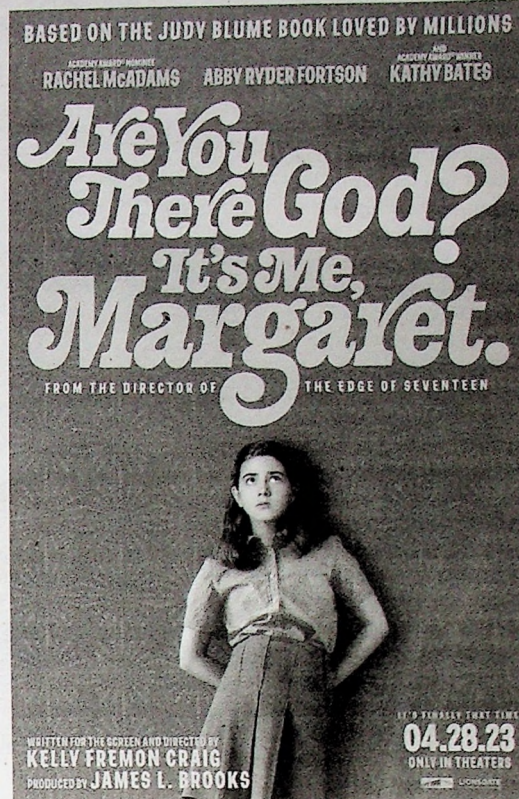
Margaret does her best to navigate this new world of social and biological challenges. She thinks she can cruise through it with the help of her friends, and they help to a degree, but since they're all equally confused, they're only so much help to one another. She's also thrown a curve in the form of spiritual challenges. She recognizes a need to pray to a higher power, but is unsure about what role religion should play in her life. Her

parents have a gripe with organized religion due to some disturbing family history, but she considers Judaism with her grandmother (Kathy Bates), Protestantism with Nancy, and even Catholicism after she sees her classmate Laura (Isol Young) go to confession. By the way, this movie (though I suppose the book did it first) could have gone the easy route of turning the imposing, rapidly-developing Laura into a bully, but it's subversive and intelligent enough to force Margaret to confront the realization that she and her friends are the ones doing the bullying.

The movie moves along at a pretty good clip, getting in a lot of milestones both on the calendar and in life. In fact, sometimes it moves a little too fast, like it's skipping some things. I feel like there's a scene missing where there's a falling-out with the group of friends, as evidenced by a scene where Margaret and Janie have fun at a dance while Nancy can only watch from afar with an inattentive Gretchen. Also, I could tell I was

supposed to like the girls' nervous teacher (Echo Kellum), and Margaret goes out of her way to compliment him at the end of the school year, but based on what I'd seen of the character, it felt unearned. Maybe a scene was cut, or maybe something didn't make it from page to screen, but the guy never struck me as a particularly good teacher.

I know I'm skipping over many story points crucial to "Are You There God? It's Me, Margaret." including the well-known, potentially-uncomfortable women's health elements. To be clear, these elements are prominently in the movie and usually handled with more sensitivity than I could possibly do justice. But the movie is so much more than that. It's thoughtful and touching and very, very funny, especially when Kathy Bates is involved. It contains tremendous performances, especially by Abby Ryder Fortson and Rachel McAdams. Most importantly, it's the best thing playing in theaters right now and it could use a boost in ticket sales.



Grade: B

"Are You There God? It's Me, Margaret" is rated PG-13 for thematic material involving sexual education and some suggestive material. Its running time is 106 minutes.

'Hotels Of Houghs Neck' History Program May 18

As part of the free Houghs Neck History Series, Patti Williams will present "The Hotels of Houghs Neck" on Thursday, May 18, from 7 to 8:30 p.m. at the Houghs Neck Congregational Church, 310 Manet Ave., Quincy.

In the mid 1800s, the Industrial Revolution created America's middle class who had free time and extra money. The concept of vacation time developed and this led to the creation of resort hotels. The sea shore was considered a refuge

where the slower pace and natural setting were said to provide an ethical and spiritual antidote to the city.

In Houghs Neck from 1856 to 1900, more than 15 establishments called themselves "hotels." Not all were what we today would consider a hotel. This talk focuses on the five hotels that helped to create the summer community in Houghs Neck.

The final talk in the series is "Building the High-Level Sewer Line" (June 1). All are welcome.

Gas Prices Up One Cent; Average \$3.49 Per Gallon

The average gas price in Massachusetts is up 1 cent from last week (\$3.48), averaging \$3.49 per gallon. Monday's price is 22 cents higher than a month ago (\$3.27), and 71 cents lower than May 1, 2022 (\$4.20). Massachusetts' average gas price is 12 cents lower than the national average.

A lower oil price is causing pump prices to stabilize or fall, with the national average for a gallon of regular gasoline dropping a nickel

since last week to hit \$3.61.

"The local and national averages might be at or near the peak price for now," said Mary Maguire, AAA Northeast Vice President of Public and Government Affairs. "As long as the oil cost keeps wobbling around the low to mid \$70s per barrel, drivers will benefit when they fuel up."

AAA Northeast's May 1 survey of fuel prices found the current national average to be 5 cents lower than last week (\$3.66), averaging \$3.61 a gallon. Monday's national average price is 11 cents higher than a month ago (\$3.50), and is 57 cents lower than this day last year (\$4.18).

Five Quincy Students On Xavierian Brothers HS Honor Roll

Five students from Quincy are listed on the Xavierian Brothers High School honor roll for the third marking period.

They are:

Nicholas Cerone, grade 11, Ryken Honors; Emmett Gurwitch, grade 11, First Honors; Thomas Mantville, grade 11, First Honors; Ronan Packard, grade 7, Second Honors; and Eros Ng, grade 11, Second Honors.

Events at Temple Beth Sholom 600 Nantasket Ave., Hull

Friday, May 5 at 7 p.m.

Kabbalat Shabbat, and Evening Services followed by Oneg

Asnes Chapel with Zoom available.

Saturday, May 6 at 9:30 a.m.

Shabbat Morning service with Sue Horowitz Boyer Auditorium with Zoom available.

Sunday, May 7 at 9:30 a.m.

TBS Sports Brunch with special guest, Red Sox legend, Sam Horn.

<https://www.mlb.com/news/sam-horn-red-sox-cult-hero>
Breakfast cost is \$5 per person. RSVP by May 3 with the Temple Office 781-925-0091

Tuesday, May 9 at 5:30 p.m.

Lag BaOmer walk and picnic at Wompatuck State Park. Bring your own picnic supper- we'll provide chips, soft drinks, water, and a dessert.

Gather at the Visitor Center

Our Zoom info: <http://zoom.us/j/6373665461>

Password: 9250091

Meeting ID: 637 366 5461

Save The Date:

Thursday, May 25th: Shavuot: A Night of Learning (Ice cream and cheesecake will be served)

Tuesday, May 30th: Jewish Heritage Night at Fenway Park. There are only a few tickets left!

Seaside Social Club Movie Night May 9

The Seaside Social Club will meet on Tuesday, May 9 at Hough Neck Congregational Church, 310 Manet Ave.

Installation of Officers for the coming year will take place in the sanctuary at 6:30 p.m., followed by a brief business meeting.

At 7 p.m. the group will watch a movie TBD. The program will be hosted by Christine Keating and Moe Flores who will also provide movie snacks.

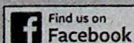
The program is open to the public.

Houghs Neck Church Strawberry Festival June 17

The Houghs Neck Congregational Church "Strawberry Festival" will be held Saturday, June 17 from 9 a.m. to 3 p.m. at the church, 310 Manet Ave., Quincy.

There will be entertainment, vendors, snacks, activities and homemade strawberry shortcake. Mark your calendar and invite your friends and neighbors.

Quincy Access Television
88 Washington Street
Quincy, MA 02169



QATV

www.qatv.org
617-376-1440
617-376-1441



Public Access Channel 8

Thursday, May 4
6pm: Bethany Congregational Church
7pm: On the Road with Jazzy Bill

Friday, May 5
11:30am: LIVE: Currently in Quincy
7pm: AM Quincy: State Rep. Tackey Chan

Saturday, May 6
1pm: NQ vs. New Bedford Boys Volleyball (4/26)
7pm: The Call

Sunday, May 7
11:30am: Quincy Point Cong. Good News
1pm: The Call

Monday, May 8
11:30am: CIQ Interview: Quincy Parks
8pm: NQHS vs. New Bedford Boys Volleyball (4/26)

Tuesday, May 9
8pm: Vietnam Veterans Day 2023
9pm: TCLP: Maple Sugaring Time

Wednesday, May 10
6pm: Quincy Point Cong. Good News
7pm: The Call

Government Access Channel 9

Thursday May 4
7:30pm: Norfolk County Comm: Public Hearing 4/19

Friday May 5
6:00pm: Good Deeds: Quarterly Update
8:00pm: MassHire South Shore Update
8:30pm: A Conversation w/Councillor Mahoney

Saturday/Sunday, May 6/7
10:00am: Good Deeds: Quarterly Update
10:30am: State View: Rep. Bruce Ayers
11:00am: Health Links: Aging Life Care Management
12:00pm: Quincy City Council 5/1
7:00pm: Quincy City Council 5/1
11:00pm: Quincy Zoning Board of Appeals 4/18

Monday May 8
6:00pm: Media Advisory: Quincy District Court
6:30pm: LIVE: City Council

Tuesday May 9
4:00pm: LIVE: Board of License Commissioners
6:00pm: LIVE: Zoning Board of Appeals

Wednesday May 10
6:00pm: In the Know: Norfolk County Sheriff
7:00pm: Quincy City Council 5/1

Programming is subject to change.
For a complete list of programs, please visit our website at qatv.org

High School Docents Bring History To Life

Cont'd From Page 17

the information so we can give that little extra if they need it."

Damon said the docent program is all about learning and sharing local history.

"That's what this is about, teaching those who are interested is what history interpretation is about and intersecting it with local history here in the community," he said, adding. "A lot comes with it - lot of skills, it looks good on a resume, and it looks good on a college application. Moreover, it provides employable skills."

According to the city website, Dorothy Quincy Homestead is "significant for its role in early American history, for its architecture, and for its Quincy family association. The property is part of the original land that Edmund Quincy acquired for a farm in the 1630s. Dating from 1680 and built by Edmund Quincy II, the house was enlarged and enhanced over a period of more than 200 years. Its majestic Georgian frontispiece and gambrel roof, with distinctive dormer windows, give the building a stately and substantial appearance."

Built in 1680, the house was the childhood home of Dorothy Quincy Hancock, the first, First Lady of Massachusetts, the wife of John Hancock, the president of the Second Continental Congress, the first signer of the Declaration of Independence, and the first governor of the Commonwealth.

The homestead served five generations of Quincys, one of the leading families of Massachusetts - Josiah Quincy, Samuel Quincy, President John Quincy Adams, and Dr. Oliver Wendell Holmes. During the pre-Revolutionary period, the estate was likely visited by such American patriots as Benjamin Franklin, John Adams, and John Hancock.

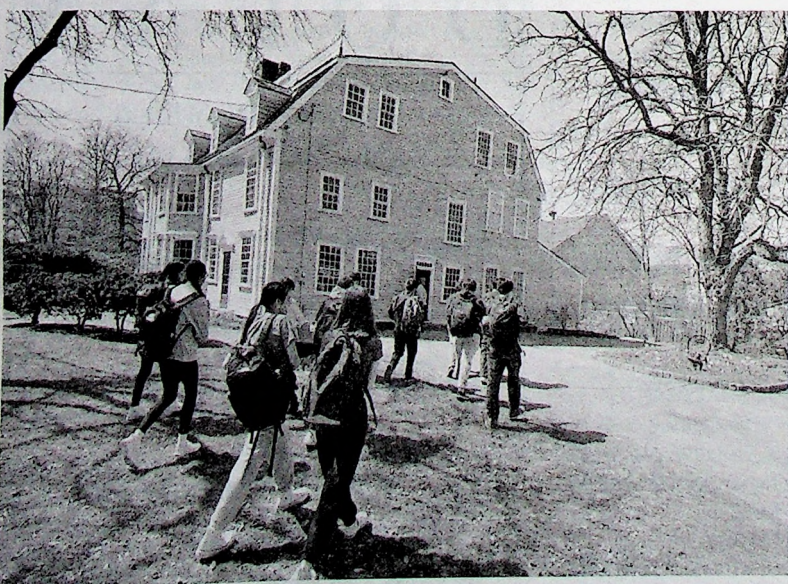


CITY OF QUINCY Director of History and Heritage Bob Damon, center, welcomes North Quincy High School students for a tour of the Dorothy Quincy Homestead that was conducted by Quincy High School student docents.

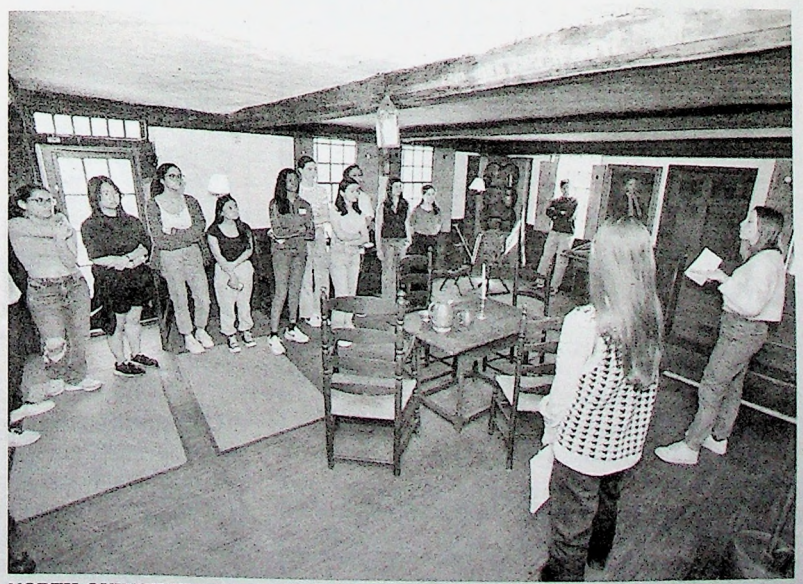
Quincy Sun photos/Tom Gorman



QUINCY HIGH SCHOOL student docents from left, junior Kieran Collins, sophomore Jin Mei, and junior Joseph Latteo prepare to guide North Quincy High School students on a tour of the Dorothy Quincy Homestead.



NORTH QUINCY HIGH SCHOOL students begin their tour of the Dorothy Quincy Homestead that was conducted by Quincy High School student docents.



NORTH QUINCY HIGH SCHOOL students at left listen to Quincy High School student docents describe the interior and historic features of the Dorothy Quincy Homestead.

OBITUARIES

Jayne M. Callahan, 85

Jayne M. (Collins) Callahan, age 85, of Weymouth, formerly of Quincy, died peacefully, Saturday, April 22, 2023 at Morton Hospital in Taunton, surrounded by her loving family.

Jayne was born in Quincy, to the late James "Scotty" and Dorothy M. (Frazier) Collins. Raised and educated in Braintree, she was a graduate of Braintree High School, Class of 1955. She lived in Weymouth for over ten years, previously in Quincy's Houghs Neck for over thirty years.

She was employed as a librarian at Sacred Heart Elementary School in Weymouth, and had also worked driving children with special needs.

Jayne enjoyed gardening and was a member of the Houghs Neck Garden Club.

Jayne lived a full and inspiring life. She possessed all the qualities a woman aspires to have. She was beautiful, empathetic, wise, passionate, sharp, and most of all, strong. She was a Nana to anyone and everyone in need of one. She was a caretaker, lending a hand, a listening ear, opening her home, and offering help to all, without expectation.

She was a survivor – facing numerous tragedies, heartbreak, and obstacles, and overcoming them all.

Despite her recent battle against dementia, she main-



JAYNE M. CALLAHAN

tained her humor, her compassion to help others, her beautiful smile, and most importantly, her love for her family.

Beloved wife for fifty years of Lawrence J. "Larry" Callahan.

Devoted mother of Brian Sutherland and the late Kerri A. McCarthy. Devoted stepmother of James Callahan, Patricia Callahan, and the late David Callahan.

Loving grandmother of Nicole A. McCarthy and the late Shauna M. McCarthy.

Cherished great grandmother of Alyannah and Grace.

Dear sister of Thomas J. Collins, Claire Neil, James F. Collins, and the late Paul F. Collins. Jayne is also survived by many nieces, nephews, and their families.

She was predeceased by her first husband, Brian A. Sutherland.

A Memorial Funeral Mass will be celebrated in Saint Jerome's Church, 632 Bridge St., Weymouth, on Friday, May 5, at 10:30 a.m. Relatives and friends are invited to attend.

For those who wish, donations in Jayne's memory may be made to The Arc of Massachusetts, 217 South St., Waltham, MA 02453 or by visiting <https://thearc.org/mass>.

You are invited to visit www.thesweeneybrothers.com or call 617-472-6344.

Susan Shack

Susan (Saunders) Shack, of Quincy, died April 13, 2023 with her family by her side.

While raised in Quincy, Susan also lived in Southern Maine and Western Massachusetts, before coming back home to raise her son Craig in Quincy.

Susan was a talented seamstress, potter, and artist. She attended the Art Institute of Boston, then received a Bachelor's degree in Education from UMass Amherst. Susan was a teacher in several preschools, a financial aid advisor at UMass Amherst, and a computer systems analyst at Mass Mutual Insurance Company in Springfield and State Street Bank in Quincy.

Devoted mother of Craig Benson of Quincy. Cherished



SUSAN SHACK

sister of Victoria Saunders and her husband Rick LaFratta of Quincy. Loving daughter of the late Vernon Carl and Ruth (VonderAhe) Saunders.

A memorial service will be held 11 a.m. on Saturday May 6, 2023 at the First Baptist Church of Wollaston, 81 Prospect Ave, Quincy. In lieu of flowers, please honor her life by volunteering in her memory at a local charity or community event. See www.Keohane.com for online condolences.

Linda M. Reid, 73



LINDA M. REID

also very proud of her partner's son, Brian Hall Jr.

Linda was the proud grandmother, or "Nanny" of Brian Reid of Weymouth, Courtney Sargent of Quincy, Ashley Sargent and her partner Kenneth Lowell of Sanford, Maine. She also loved Brandi Isaacs of Quincy as her own granddaughter.

Linda was the loving great grandmother of Charlie Reid Lowell and her "beautiful Crystalyne" Lowell, both of Sanford, Maine. She felt so lucky to meet her great grandson.

She was preceded in death by her beloved life partner of 25 years, Brian Hall and her dear best friend and sister, Janet Reid. Linda will also join her other loving siblings in heaven: Marsha Isaacs, Charlotte Sleeper, Richard Isaacs, Sandy Isaacs, and her baby sister who passed when she was just a child, Carole.

Linda is also survived by so many loving nieces, nephews, extended family, and friends that it would be impossible to name everyone. Her nieces Krissy, Kim, Karen, Kerry and nephew Harry will miss her dearly, as well as their spouses and children. She will meet again in heaven with two souls that will never be forgotten, her nephew Bobby Reid, of Randolph and her great nephew Kevin Reed of Bridgewater.

Linda loved her canine companions, caring for her pups all through their lives until they crossed the rainbow bridge. Her dog Gizmo will miss her dearly.

She will be missed by so many that loved her through the years.

Following cremation, Linda's memorial Celebration of Life will be on Sunday, May 21, 2023, from 12:30-4:30 p.m. held at Blue, Marina Bay, 307 Victory Rd., Quincy, MA 02171. Family and friends who like to pray are recommended to attend their local churches or worship places and please keep the soul of Linda Reid in your hearts and prayers. All are welcome to attend regular Sunday morning service at United First Parish Church at 1306 Hancock St., Quincy, MA 02169 to pray with the family on Sunday, May 21, 2023. Regular service starts at 10 a.m.

People who knew Linda in life are encouraged to send pictures and memories they would like to share to: sargent.ashley44@gmail.com

In lieu of flowers, memorial contributions may be sent in Linda's name to Samaritans Hope, an organization committed to preventing teenage suicide in the greater Boston area: www.samaritanshope.org or by contributing in her name to any suicide prevention organization of one's choice. Linda lost so much to cancer, but the loss of her son Kevin Geary to teenage suicide was the most enduring tragedy.

"Which hope we have as an anchor of the soul, both sure and steadfast, and which entereth into that within the veil"

Hebrews 6:18

In Memoriam James M. Gralton

May 4, 1924 - May 2, 2017



Our forever Love
We miss you more
and more each day.
Your spirit is always
wrapped around us.
We loved you then,
we love you still,
we always have,
we always will.

We know that you would
be here with us today
if only Heaven wasn't
so far away.

Love always and forever,
Mary, Robert,
Maureen, Kathryn,
Karen, Garrett,
Connor, Erin, Tim,
Bridget, Eileen, Donald,
Fallon, Grace,
Robert & Nora

First there were two,
then there were six, then
there were seventeen.

In Loving Memory of
JAMES GRAHAM
10th Anniversary
4/28/2013 - 4/28/2023



They say there is a reason
They say time will heal
But neither time or reason
Will change how we feel.
Gone from our lives but
always in our hearts.
Love you Dad.
Forever missed
by your family.



Honor Your
Loved One's
Memory
With Flowers

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NOTICE TO READERS

Obituaries appearing in The Quincy Sun and posted on the newspaper's website are written by the funeral home handling arrangements with input from the deceased's family.

They are not written by The Quincy Sun. Obituaries are submitted by the funeral homes and are printed in The Sun space permitting.

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online at

www.TheQuincySun.com

Beatrice L. Sweatt, 78

Beatrice "Bea" Louise Sweatt, born Dec. 6, 1944 passed away peacefully at the age of 78 surrounded by her children in her daughter's home in NJ Monday January 2, 2023. Bea was a lifelong resident of South Boston & Quincy Massachusetts.

Mrs. Sweatt was a Nurse for 55 years. She was a proud graduate of the Boston City School of nursing class of 1965. Bea worked at Quincy City Hospital and Brigham & Women's Hospital. Her dedication to her profession had her obtain her Masters in Nursing and worked as a Nurse Practitioner until her retirement in 2020.

Bea is pre-deceased by her husband Jesse Sweatt and her mother Dorothy Mc-



BEATRICE L. SWEATT

Manus. and brother Michael Gilbert. She is survived by her three loving children Cindy Feeney and her husband Bill (Encinitas, CA), Margie Morville and her husband Tommy (Branchville, NJ) and Jesse Jr and wife Sue (Jacksonville, FL). Bea absolutely adored her family: grandchildren Matthew & Christopher Morville, Blue & Ruby Feeney

and Shaun & Josie Sweatt, her brother Robert Gilbert and his wife Diana (Blackstone, MA) and her sister Phyllis Groth and her husband David (Surrey, NH). Auntie Bea was a favorite of her many nieces and nephews.

Beatrice loved her work and her patients. She was an avid reader and loved to sit at Nantasket beach with a book. Bea had an infectious laugh and an amazing sense of humor.

Celebration of life will be held at The Nantasket Beach Resort, 45 Hull Shore Dr., Hull, MA 02045 on Thursday, June 22 at 10 a.m. Arrangements and online condolences through www.iliff-ruggierofuneralhome.com.

More Obituaries online at
www.TheQuincySun.com

5 Money-Saving Tips To Help Offset Inflation

Even as the overall inflation rate has fallen, prices remain elevated across the economy, putting continued pressure on Americans' budgets.

These ongoing inflationary struggles have consumers on the hunt for ways to stretch their dollars.

"We may not control inflation, but that doesn't mean we're completely helpless in our high-price environment," said Amy Maliga, financial educator with Take Charge America, a nonprofit credit counseling and debt management agency. "From cashback services to renewing a library card, there are tools and tricks to help people keep more money in their pockets."

Maliga shares five ways to save money in the face of inflation:

- **Cashback apps and cards.** Apps like Rakuten, Ibotta, Honey and DollarSprout Rewards let you earn cash on spending like groceries, clothes and gas. They work on mobile devices

or computers, with some that can connect to a digital payment method. Cashback credit cards offer anywhere from 1% to 5% back on various purchases. Just be sure to pay off your balance in full every month to avoid interest or other fees.

- **Negotiate bills.** When was the last time you assessed your monthly bills? Even if your existing bills haven't increased, it's worth calling service providers to inquire about deals available to existing customers. You may also consider exploring new providers to lock in lower rates.

- **Online grocery shopping.** Avoid the temptation of impulse shopping by purchasing your groceries online. Many major grocers allow customers to shop online and pick up their grocery orders curbside. Other services like Instacart will go to the store for you and deliver to your door. This makes sense if your impulse buying outweighs the fees and tips associated with the

platforms.

- **Explore gig work.** You can bring in more cash to ease inflation stress. Gig work allows you to earn money outside your full-time job. There are the usual suspects like ride-hailing services Lyft and Uber, as well as food delivery services Grubhub or DoorDash. But you may also consider on-demand staffing app Qwick or freelance site Fiverr.

- **Renew your library card.** Your public library is a goldmine of money-saving opportunities. Not only can you borrow books, movies and music for free, you gain access to online reading sites like Hoopla and Overdrive. Many libraries also offer free or heavily discounted admission to local attractions.

**PLEASE
RECYCLE
THIS
NEWSPAPER**

READERS FORUM

Where Has All The Money Really Gone?

Dear Editor,

I recently wrote a Letter titled "Where Has All the Money Gone?" I was focusing on the \$776,301.70 that was paid over the past ten years or so out of the Quarry Hills Oversight Account that was for the "sole purpose of overseeing the operation of the Quarry Hills Recreational Complex". The \$776,301.70 was characterized as "Personal Services" which were unspecified and undefined.

The City recently provided some clarifying information. The money for the years 2020 through 2023, was reportedly spent on a portion of the salaries for two individuals who had oversight responsibility for the Quarry Hills Recreational Complex as stated by Eric Mason, the CFO for the City. He indicated that Employee 1 is a Project Manager who devoted the following number of days for the years 2020 through 2023 to projects involving "road improvements and mitigation" at Quarry Hills. Keep in mind, the salary given is only a portion of his salary, the remainder is paid from the General Fund. Employee 2 is in Operations and devoted the following days to Quarry Hills oversight.

Fiscal Year ending 2020: Employee 1, \$103,517.14 for 260 days.

: Employee 2, \$11,290.76 for 26 days

Fiscal Year Ending 2021: Employee 1, \$105,566.99 for 265 days.

: Employee 2, \$11,290.76 for 26 days

Fiscal Year ending 2022: Employee 1, \$106,646.39 for 260 days.

: Employee 2, \$11,625.37 for 26 days

Fiscal Year 2023 to date: Employee 1, \$86,351.01 for 210 days

: Employee 2, \$9,413.01 for 21 days

Since 2020, Employee 1, a Project Manager has been providing services related to road improvements and "mitigation" for a total of 995 days. The unpaved road leading up to the playing fields and the non-existent nature trail is abysmal. Not only is it unsafe, but it is also hazardous to walk. It is very difficult to believe that a "Project Manager" has been involved in any project related to road improvements in the area of Quarry Hills. We would like to see the specific projects that were undertaken over the 995 days the Project Manager was involved in any road improvements or mitigation at Granite Links or the Quarry Fields baseball fields.

So now we know the City's "narrative" for where the money has gone for years 2020 through 2023. Clearly the money in the Oversight Fund has not been used as is required. The explanation provided does not survive the straight face test.

(The project manager whom we have not identified by name (his name and salary are a matter of public record) is actually more senior than a project manager.)

The City is contemplating a 99 year Lease for 240 plus acres of Open Space with absolutely no Oversight provisions for the next 99 years. The present Lease requires a Quarry Hills Advisory Committee with oversight responsibilities. It was disbanded years ago. The City should restore to the Oversight Fund all of the funds that were improperly spent and reinstate the Quarry Hills Advisory Committee.

Tell your city councilors and councilors-at-Large to vote "NO" on the proposed 99 year Lease and require that the City and Quarry Hills comply with the present Lease.

Jocelyn Sedney
Quincy

Quincy Point Congregational Church

Sunday worship begins at 10 a.m. May 7 at Quincy Point Congregational Church, 444 Washington St. The building has an elevator on the Abbey Road side and designated "accessible" parking.

For those unable to attend worship in person, the

Sunday morning 10 a.m. worship can be accessed online via the church's Facebook, Vimeo, and YouTube pages. After worship, the 185th Annual meeting of the church will be held in the downstairs Social Hall.

The public is invited to an Open House to see the

renovated Quincy Point Firehouse kitchen at 615 Washington St. The open house will be held from 10 a.m. until noon. A brief dedication ceremony will take place at 10:15 a.m. All are welcome to stop by, check out the new kitchen and thank your community firefighters.



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"Thankfully, your compassionate caring at Hamel-Lydon Chapel helped her to transition to her beautiful, peaceful new life in God's Heaven. Many thanks for making this passage easy and welcoming, your warmth and kindness will always be remembered. God Bless You."

"Outstanding dedication, knowledge, ability to listen and other personal and professional qualities made our experience with Hamel-Lydon exceptional. From the bottom of our heart, Thank You!"

"There are no words to express my gratitude to you. My family and I are grateful to you for your kindness and careful attention to every detail."

"It was the most prepared funeral that we have ever experienced. It was our blessing for our grandmother to have Hamel-Lydon as her funeral home."

"We were all pleasantly surprised at how much respect and thought went into the whole process. I'm so happy that we chose to use your business."

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Fuji At WoC To Participate In Bakes For Breast Cancer Massachusetts

Fuji at WoC will participate in Bakes for Breast Cancer's signature annual event - Bakes for Breast Cancer Massachusetts - returning for its 24th year from Friday, May 12 through Thursday, May 18,

which helps raise funds and awareness for breast cancer research.

Fuji will dedicate 50 percent of the sales from its entire dessert roster - which includes the Ice Cream Mochi - back to Bakes for Breast Cancer.

"We are on a mission to end breast cancer for good, one sweet treat at a time," said Bakes for Breast Can-

cer Founder Carol Sneider. "The Massachusetts culinary scene is thriving, and in addition to our trusted partners that have participated year after year, we had more new venues reach out to us than in years past. Here's to what is shaping up to be our most successful year to date."

Proceeds raised will benefit the nonprofit breast cancer organization Bakes for Breast Cancer which will support the research of Dr. Rachel Freedman. Dr. Freedman's clinical trials

will focus on treatment for older breast cancer patients, an area of research that has been vastly under-subsidized.

There are two ways to participate in Bakes for Breast Cancer Massachusetts - establishments can offer one designated dessert where 100 percent of the

proceeds go towards Bakes for Breast Cancer, or offer up their entire dessert roster where 50 percent of the proceeds go back to the organization.

Since its inception in 1999, Bakes for Breast Cancer has raised over 2 million dollars. To date, over 4,500 different bakeries,

cafés, pastry shops, supermarkets, and restaurants have participated in annual events in Massachusetts, Rhode Island, Maine and Cape & Islands. Bakes for Breast Cancer is also proud to add Vermont and New Hampshire this year, both of which will run from July 21 - 27.

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION

Docket No. NO23P0908EA

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court

Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:

Jean M. Conso

Date of Death:

12/26/2022

To all interested persons:
A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **Jean M. Conso of Quincy, MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **Jean M. Conso of Quincy, MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration**.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 05/24/2023. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: April 20, 2023
COLLEEN M. BRIERLEY
Register of Probate

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL APPOINTMENT OF SUCCESSOR PERSONAL REPRESENTATIVE

Docket No. NO22P1749EA

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court

Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:

Kevin McGrath

Date of Death:

06/14/2022

To all interested persons:
A Petition has been filed by: **Michael F. McGrath of Albuquerque, NM** requesting that the Court enter a formal Decree and Order that **Michael F. McGrath of Albuquerque, NM** be appointed as Successor Personal Representative(s) of said estate to serve **Without Surety** on the bond and for such other relief as requested in the Petition.

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on 05/24/2023. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an Affidavit of Objections within thirty (30) days of the return date, action may be taken without further notice to you.

The estate is being administered under formal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but recipients are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: April 19, 2023
COLLEEN M. BRIERLEY
Register of Probate

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION

Docket No. NO23P0269EA

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court

Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:

Rita M. Previte

Date of Death:

10/25/2022

A Petition for **S/A - Formal Probate of Will** has been filed by **David G. Previte of Holbrook, MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 05/24/2023. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: April 18, 2023
COLLEEN M. BRIERLEY
Register of Probate

Acoustic Song Circle With Mike Delaney Thursday At Crane Public Library

The Thomas Crane Public Library invites singers, musicians, poets, and listeners to share an evening of acoustic music and spoken word when life-long Quincy

resident, Mike Delaney, will host an acoustic song circle Thursday, May 4, from 6 to 8 p.m.,

Performers will take turns playing songs or re-

citing poems for what one might call a cèilidh (Scottish) or a céilí (Irish), both pronounced "KAY-lee." Everyone is welcome for this family-friendly gathering.

LEGAL NOTICE

CITY OF QUINCY IN COUNCIL

ORDER NO. 2023-040

ORDERED:

April 24, 2023

BE IT ORDAINED, by the City Council of the City of Quincy, that the Quincy Municipal Code is hereby amended as follows:

In Chapter 325. Vehicles and Traffic. Article III Signs, Signals and Markers

Section 325.47 Stop Signs Locations

Install the following

Street	Intersecting with	Type of Regulation
Morton Street	Buckley Street	Stop Sign

A TRUE COPY.
ATTEST: Nicole L. Crispo
Clerk of Council

5/4/23

LEGAL NOTICE

CITY OF QUINCY IN COUNCIL

ORDER NO. 2023-041

ORDERED:

April 24, 2023

BE IT ORDAINED, by the City Council of the City of Quincy, that the Quincy Municipal Code is hereby amended as follows:

In Chapter 325. Vehicles and Traffic. Article III Signs, Signals and Markers

Section 325.47 Stop Signs Locations

Install the following

Street	Intersecting with	Type of Regulation
Morton Street	Common Street	Stop Sign

A TRUE COPY.
ATTEST: Nicole L. Crispo
Clerk of Council

5/4/23

LEGAL NOTICE

CITY OF QUINCY IN COUNCIL

ORDER NO. 2023-042

ORDERED:

April 24, 2023

BE IT ORDAINED, by the City Council of the City of Quincy, that the Quincy Municipal Code is hereby amended as follows:

In Chapter 325. Vehicles and Traffic. Article III Signs, Signals and Markers

Section 325.47 Stop Signs Locations

Install the following

Street	Intersecting with	Type of Regulation
West Street	Common Street	Stop Sign

A TRUE COPY.
ATTEST: Nicole L. Crispo
Clerk of Council

5/4/23

How To Differentiate Between An Accredited Online School And A Diploma Mill

By BETTER BUSINESS BUREAU

When searching for an online university, college or program to help you earn your degree on your own time, make sure it's real first.

Better Business Bureau reminds those searching for the right education program that a fast online degree isn't always the best. Advertisements for online college degrees often reel viewers with alluring headlines such as, "Your diploma is just a click away!" or, "Earn the degree you've always wanted, fast!" or, "Attend classes on your own time!" These programs that sound too good to be true are, in fact, usually too good to be true.

These online "schools" are sometimes called diploma mills - businesses that will give you a paper stating you earned a degree instead of an actual education. Fast, easy, and 100 percent fake.

Although you'll have that diploma, there's a good chance it's useless. For example, if the program isn't an accredited online school, it won't be seen as a real degree. The "tuition" required to earn that diploma would be money down the drain. In many cases, using those diplomas as a valid form of a degree can be found illegal. Students should determine whether or not their online school is accredited before they enroll by verifying with a legitimate, qualified, outside source that the school meets the required standards.

BBB offers tips on how to differentiate between an accredited online school and a diploma mill:

- **Make sure it's accredited.** The Council on Higher Education Accreditation or the U.S. Department of Education should recognize the school. Visit these websites and search for your school to find its Accreditation Information. If you can't find your school on either of these websites, it may not be an accredited school. Aside from that, also keep an eye out for programs that ARE

accredited, but NOT by the two above agencies. Anyone creating a fake business can also create a fake accreditation, which often happens with scams.

- **Don't be fooled by your temptation.** Diploma mills will state that you

can fill out a form, upload your resume, and enter your credit card information to receive your diploma. Although those seemingly "quick and easy" programs are the ones you'll want to gravitate towards, those catchy slogans should serve

as a red flag.

- **Beware of a program that requires a lot of money upfront.** Most colleges will bill you based on the number of credits or courses you take each semester. A diploma mill will probably

ask for a flat fee to sign up.

- **Look for evidence of student services.** Colleges will always have student resources. These include a page for the library, a list of classes, a staff directory, advising, and more. You

should be suspicious if there aren't any resources for students to show substantial coursework and interaction with professors

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-23-29

Pursuant to the provisions of the Quincy Zoning Ordinance of the **Quincy Zoning Board of Appeals** as amended, an **Open Public Hearing** will be held on **Tuesday, May 23, 2023 at 6:00 p.m.** in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169, on the application of JCBT Architect for a Variance & Special Permit/Flood Plain to add a side addition to the existing single family home in violation of the Quincy Zoning Ordinance, Sections 4.0 Dimensional Regulations (Front and Side Setbacks) on the premises numbered 519 QUINCY SHORE DRIVE, QUINCY.

Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/categories/1083/record-types/6468>.

5/4/23, 5/11/23

Martin Aikens, Chairman

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-23-31

Pursuant to the provisions of the Quincy Zoning Ordinance of the **Quincy Zoning Board of Appeals** as amended, an **Open Public Hearing** will be held on **Tuesday, May 23, 2023 at 6:00 p.m.** in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169, on the application of Carl R. Johnson III for a Finding, Variance, & Special Permit to raze the existing dwelling and accessory structures and construct four new attached townhouse style dwellings in violation of the Quincy Zoning Ordinance, Sections 4.1.2 Notes to Table (Residential Use in Business B), 9.2 Lot Size & 9.4 Special Permit (Criteria) on the premises numbered 161 SUMNER STREET, QUINCY.

Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/categories/1083/record-types/6468>.

5/4/23, 5/11/23

Martin Aikens, Chairman

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-23-32

Pursuant to the provisions of the Quincy Zoning Ordinance of the **Quincy Zoning Board of Appeals** as amended, an **Open Public Hearing** will be held on **Tuesday, May 23, 2023 at 6:00 p.m.** in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169, on the application of Douglas Troyer for a Special Permit to Extend the Hours of Operation in violation of the Quincy Zoning Ordinance, Sections 9.4 Special Permit (Criteria) & 10.2 (Retail Operation-Small) on the premises numbered 453 WASHINGTON STREET, QUINCY.

Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/categories/1083/record-types/6468>.

5/4/23, 5/11/23

Martin Aikens, Chairman

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-23-34

Pursuant to the provisions of the Quincy Zoning Ordinance of the **Quincy Zoning Board of Appeals** as amended, an **Open Public Hearing** will be held on **Tuesday, May 23, 2023 at 6:00 p.m.** in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169, on the application of Chris Gundersen for a Variance & Finding to Demolish the Existing Home and Construct a New Two-Story Single Family Home in violation of the Quincy Zoning Ordinance, Sections 3.4.3 Nonconforming Uses & Structures (Nonconforming Structures) and 4.1.1 Dimensional Requirements (Conformance-Setbacks) on the premises numbered 203 RHODA STREET, QUINCY.

Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/categories/1083/record-types/6468>.

5/4/23, 5/11/23

Martin Aikens, Chairman

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE STR 23-3

Pursuant to the provisions of the Quincy Zoning Ordinance of the **Quincy Zoning Board of Appeals** as amended, an **Open Public Hearing** will be held on **Tuesday, May 23, 2023 at 6:00 p.m.** in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169, on the application of Chisom Udengwu for a Special Permit to Operate a Short-Term Rental in violation of the Quincy Zoning Ordinance Section 9.4 (Special Permit) on the premises numbered 38-40 KENT STREET, QUINCY.

Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/categories/1083/record-types/6468>.

5/4/23, 5/11/23

Martin Aikens, Chairman

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-22-107

Pursuant to the provisions of the Quincy Zoning Ordinance of the **Quincy Zoning Board of Appeals** as amended, an **Open Public Hearing** will be held on **Tuesday, May 23, 2023** in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169, on the application of JCBT Architect for a Variance to demolish the existing one-story single family home and construct two 3-unit townhouse style structures, ground level garages and visitor parking spaces in violation of the Quincy Zoning Ordinance, Sections 4.1.1 Dimensional Requirements (FAR, Front and Side Setbacks) 4.2.2 General Requirements (Lot or Yard Areas) & 5.1.4 Off-Street Parking (Setbacks) on the premises numbered 44 CARRUTH STREET, QUINCY.

Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/categories/1083/record-types/6468>.

5/4/23, 5/11/23

Martin Aikens, Chairman

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-23-23

Pursuant to the provisions of the Quincy Zoning Ordinance of the **Quincy Zoning Board of Appeals** as amended, an **Open Public Hearing** will be held on **Tuesday, May 23, 2023 at 6:00 p.m.** in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169, on the application of 573 Washington Street LLC for a Variance & Special Permit to demolish the existing building and construct a three story, fifteen unit residential building with commercial space on the first level in violation of the Quincy Zoning Ordinance, Sections 4.1.1 Table of Dimensional Requirements (FAR, Lot Area per Dwelling Unit, Front and Side Setbacks and Open Space) Dimensional Regulations (Front and Side Setbacks) and 4.1.2 Special Permit (for Residential Use) on the premises numbered 573 WASHINGTON STREET, QUINCY.

Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/categories/1083/record-types/6468>.

5/4/23, 5/11/23

Martin Aikens, Chairman

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-23-28

Pursuant to the provisions of the Quincy Zoning Ordinance of the **Quincy Zoning Board of Appeals** as amended, an **Open Public Hearing** will be held on **Tuesday, May 23, 2023 at 6:00 p.m.** in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169, on the application of Christopher Timmins for a Variance to Construct a Three-Story, 15-Unit Condominium Building with Garage Parking in violation of the Quincy Zoning Ordinance, Section 4.1 Dimensional Requirements on the premises numbered 105 SEA STREET, QUINCY.

Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/categories/1083/record-types/6468>.

5/4/23, 5/11/23

Martin Aikens, Chairman

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION

Docket No. NO23P1063EA

Commonwealth of Massachusetts

The Trial Court

Probate and Family Court

Norfolk Probate and Family Court

35 Shawmut Road

Canton, MA 02021

(781) 830-1200

Estate of:

A. Clark

Also known as:

Arlowane Clark,

Arlowane M. Clark

Date of Death:

02/09/2023

To all interested persons:
A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **Richard G. MacAleese of Braintree, MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **Richard G. MacAleese of Braintree, MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration**.

IMPORTANT NOTICE
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 05/31/2023. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.
Date: April 24, 2023
COLLEEN M. BRIERLEY
Register of Probate

PLEASE RECYCLE

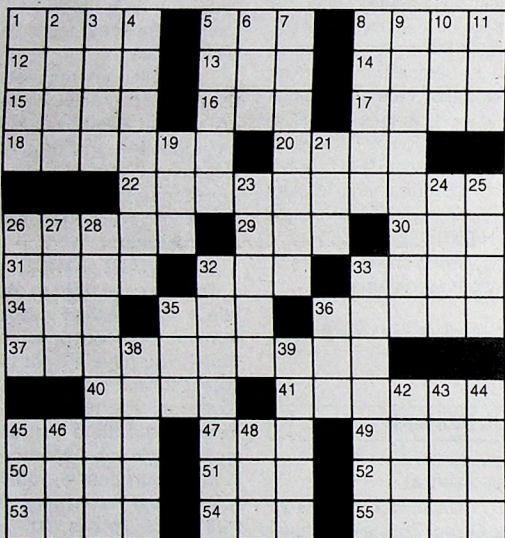


THIS NEWSPAPER

SUN FUN PAGES

King Crossword

- ACROSS**
- Cuts off
 - Cookout, briefly
 - Gridlock sound
 - Jacob's brother
 - Actress Lucy
 - In — land
 - Goatee's spot
 - Here (Fr.)
 - Saharan
 - Submit
 - Give temporarily
 - Blue blood
 - Tour vehicles
 - Toe count
 - Actress Hagen
 - Sciences' partner
 - Auction signal
 - Urban haze
 - Vitamin stat
 - Architect I.M. —
 - Stinging insects
 - Administrative
- DOWN**
- Nobel
 - Job-safety org.
 - Ache
 - Ice cream parlor orders
 - Russian pancakes
 - Pen name
 - Took part in a bee
 - Mel of many voices
 - Hearing aids?
 - Inventor
 - Whitney
 - Knee protector
 - 1040 org.
 - Many millennial
 - Unemotional
 - Perched on
 - Labels
 - Biting remark
 - Pakistani language
 - New companies
 - Uncharged particle
 - Full feeling
 - Crony
 - Bankroll
 - Duck down
 - Kingdom
 - Loyal
 - Sicilian spouter
 - Beloved
 - R-V link
 - Prof's helpers
 - Spy org.



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MAGIC MAZE

COMMON FRENCH WORDS

RSQNKHEABYWTROL
JGMADEMOISELLE
BYWUROPNKIXGDBZ
RXVSUQOMKICGECA
YIWRUOJNOBUUSQP
NNOSIARELESJHFE
ECAVPOMYXDEVFFM
USQNE MSPNNZEMIA
KJHFORENEOMCULD
BZYHXNUTOMOVL
UTPUOCUAEBICREM

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: GOOD MORNING

Amour	Femme	Mademoiselle	Oui
Au revoir	Fille	Merci beaucoup	Raison
Bonsoir	Homme	Monde	Temps
Excusez-moi	Madame	Non	

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HOCUS-FOCUS

BY HENRY BOLTONOFF



Find at least six differences in details between panels.



Differences: 1. Squirrel is missing. 2. Pocket is missing. 3. Arms are moved. 4. Board is missing. 5. Slide brace is missing. 6. Skirt is different.

Trivia test

by Fifi Rodriguez

- GEOGRAPHY:** How many U.S. states border Canada?
- THEATER:** The musical "My Fair Lady" is based on which play?
- SCIENCE:** Who was the first person to win Nobel prizes in two different sciences?
- MOVIES:** Which 1997 movie featured a character named Jack Dawson?
- TELEVISION:** What is the name of Ross's pet monkey in "Friends"?
- LANGUAGE:** How many languages exist worldwide?
- FOOD & DRINK:** Which country produces Manchego cheese?

- GENERAL KNOWLEDGE:** How many track and field events are in a decathlon?
- U.S. PRESIDENTS:** Which president had the most children?
- MUSIC:** What is the title of Britney Spears' first album?

Answers

- 13.
- "Pygmalion," by George Bernard Shaw.
- Marie Curie, physics and chemistry.
- "Titanic."
- Marcel.
- More than 7,000.
- Spain.
- 10.
- John Tyler, who fathered 15 children.
- "...Baby One More Time."

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Wishing Well®

7 5 3 6 2 5 6 7 8 7 5 3 5
A Y F J N O O C L L U O G
8 3 4 6 4 2 5 3 7 5 2 7 3
O G K B E E A W E I W V I
4 3 5 4 5 7 8 7 4 2 7 6 3
E L N P C E V R C S T I L
6 4 6 7 6 7 2 7 5 8 6 3 7
M H P H R O K U O E O C G
5 3 5 2 5 8 2 6 5 4 2 5 6
N L F I I E L V D I L E E
2 7 8 2 3 7 2 5 3 8 2 5 2
S H X N E T E N A T E C D
5 6 8 3 2 4 8 4 8 4 2 8 8
E S E R E N N U D P D E D

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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Salome's Stars

ARIES (March 21 to April 19) That sometimes contrarian Arian streak emerges and could affect an important decision. Try to keep your mind open to the possibilities, even if they currently seem remote.

TAURUS (April 20 to May 20) It could be a long wait before you get an answer to a question involving financial matters. Meanwhile, check on other interesting possibilities.

GEMINI (May 21 to June 20) A misunderstanding shouldn't keep you from continuing to work. Pursue a reconciliation with someone who really cares. Talk it out before you consider walking out.

CANCER (June 21 to July 22) Exercise some discipline — don't keep changing your mind. An upcoming decision requires that you stay focused on the direction you need to follow.

LEO (July 23 to August 22) Although family matters take up much of your time these days, you still need to deal with important workplace issues. Try to balance both obligations wisely.

VIRGO (August 23 to September 22) Your on-the-job problems appear close to being resolved. Now, make time to repair those personal relationships that you might have ignored for too long.

LIBRA (September 23 to October 22) Someone might suddenly balk at fulfilling an important agreement. There

could be a hidden reason that you'll need to uncover before you take this to arbitration.

SCORPIO (October 23 to November 21) A friend seeks to confide a secret, knowing it will be safe with you. But, given your friend's history, you might not want to know what you'll be told.

SAGITTARIUS (November 22 to December 21) Your new "self-improvement" course will continue to hit bumps in the road until you start shedding those unnecessary loads you've toted for too long.

CAPRICORN (December 22 to January 19) A decision to move to a new home needs to be delayed until you have accurate reports about its condition. Rely on facts, not assurances.

AQUARIUS (January 20 to February 18) Congratulations! Your good work is beginning to pay off. Reward yourself. Take some much-needed rest and recreation time with loved ones.

PISCES (February 19 to March 20) Fishing for compliments isn't always wise. Build your self-esteem on your own worthy achievements, and don't rely on others to tell you how good you are.

BORN THIS WEEK: People who meet you want to get to know you better, but you tend to be difficult to please when it comes to forming friendships.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: A equals P

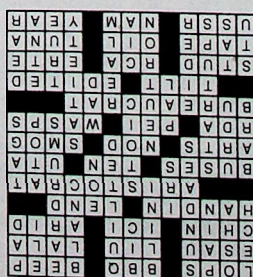
HDXC GKV AKAVFWEX WC XIAEG
IXWQKH HNED FKEL KT IWFX
LDXXA, N'Q BKCLNQXU EDWE
UWI-NTNBWENKC.

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King Crossword

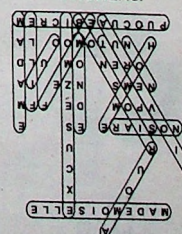
Answers

Solution time: 25 mins.



Magic Maze

ANSWERS:



CryptoQuip

answer

ramification.
sheep, I'd consider that
meadow with lots of male
When you populate an empty

HOLLYWOOD

by Tony Rizzo

HOLLYWOOD – Can you believe that Arnold Schwarzenegger – seven-time Mr. Olympia, four-time Mr. Universe, governor of California (2003-2011), Emmy-Award and Golden-Globe winner, and star of over 40 motion pictures – doesn't own or use a cell phone? Apparently, he uses an iPad, but doesn't text, since he prefers to FaceTime. To his credit, the 75-year-old superhero (with a net worth of \$450 million) isn't afraid to get his hands dirty, especially to help people in the neighborhood where he lives. Schwarzenegger was so upset about huge a pothole that hadn't been filled after a week's time, so he rounded up a posse, grabbed some 50 pound bags of blacktop repair material and repaired the damage himself, to the delight of appreciative neighbors who were sick of getting flat tires and having bicycle accidents. (A Los Angeles city official later stated that the pothole was actually a service trench relating to work being performed by SoCal Gas, but it's the thought that counts.)

Another he-man making news is Australia's Chris Hemsworth. During a routine physical examination, he discovered he has two of the APOE4 genes (one from his mother and one from his father), foretelling that he is 10 times more likely to develop Alzheimer's disease, which his maternal grandfather already has.

Understandably, Hemsworth took notice, and then action. He's decided to take a break from filmmaking to spend more time with his wife,

Elsa Pataky (married since 2010), and his three children – daughter India Rose (11) and twin sons Sasha and Tristan (9). They currently live in Byron Bay, New South Wales, Australia, and in 2021, Hemsworth was appointed a Member of the Order of Australia during Queen Elizabeth's Birthday Honours.

While his future as Thor is uncertain, he still has two films, Netflix's "Extraction 2" (dropping June 16) and "Furiosa" (in theaters May 24, 2024) in his future. But how will he support his family if he doesn't work? Not to worry, his net worth is \$130 million.

Also slowing down to spend more time with his new family is Blake Shelton.

When Shelton announced he'd end his run on "The Voice" after this season (his 23rd), false stories appeared claiming he'd had a heart attack, which was totally untrue. He married Gwen Stefani in 2021 and became stepfather to her three sons.

We won't worry about how Shelton will support his family either...his annual income has been \$28.5 million, with his total worth around \$120 million. On June 18, Shelton will be 47. What better time to stop and smell the roses?

Chris Pratt, title character of "The Super Mario Bros. Movie" had to redo his voice-over because producers thought he sounded more like gangster Tony Soprano than a lovable Italian plumber. Pratt looked in the mirror and channeled his character, saying, "Yeah! It's a Mario time!"

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GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

	x		+		23
-		x		÷	
	+		x		20
x		-		x	
	x		-		26
16		19		24	

1 2 3 4 5 6 8 9

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KOVELS Antiques & Collecting

By Terry and Kim Kovel

Chelsea Porcelain – Since 1751, Royal Worcester has been known worldwide for its collections of porcelain goods. It remains one of the oldest producers of tableware and decorative items in England.

In the late 19th century, Royal Worcester designed unique pitchers and ewers with handles that were parts of animals or tree branches. Stag horns, dragons, winged creatures, bamboo branches and artwork popularized their style.

Painted Japonisme-style chrysanthemums and poppies with gold trim float on the ivory background of the body of this pitcher. The handle is shaped like a ram's head. It sold for \$118 at William Bunch Auctions of Pennsylvania. It was marked with the date 1888. The ivory background color became very popular in the late 19th century but was discontinued in 1914.

Q: Our dining room table has been in the family for generations. It's sturdy but is very well-used and looks it. If we decide to sell it, is it a good idea to refinish it? Or does that lower the value?

A: Generally, refinishing a piece of furniture will not lower the value unless it is a museum-quality antique from the 18th or 19th centuries or associated with a famous owner, maker or designer. But if your table is meant to be used, rather than displayed as a work of art,

refinishing an old, scratched surface will make it more appealing to potential buyers. Do you know your table's age or maker? Check it for labels or maker's marks. To guess its age based on family history, take your age and add 25 years for each generation after its original owner. (This will not give you an exact age, but can help you approximate it.) If you are still in doubt about whether or not to refinish your table, consult a professional refinisher or appraiser. You can find some listed on Kovel.com in the business directory.

TIP: Outdoor bronze garden figures should be waxed twice a year for protection.

CURRENT PRICES

- Doll, Western Barbie, blond hair, eye winks, silver Western-style jumpsuit with trim, fringe on cuffs, boots, hat, comb, brush, box, 1980, 12 inches, \$65.

- Glass vase, green and opalescent green, tall with fluted sides, flared out scalloped rim, clear knob and disc foot, marked Libbey, c. 1930, 8 1/4 inches, \$465.

- Pair of lamps, walnut base, four tapered sides, cylindrical paneled banana fiber parchment shade, pointed finial, Robert Whitley, c. 1975, 42 x 18 1/2 inches, pair, \$1,625.

Learn the six collectibles NOT to collect anymore at www.kovels.com.

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Strange BUT TRUE

- Competitive swimmer Tim Duncan grew up in the U.S. Virgin Islands, where he trained for the 1992 Olympics, until Hurricane Hugo destroyed his island's only Olympic-size pool. Since the only alternative was to swim in the ocean, and he was afraid of sharks, he decided to play basketball instead.

- Red Bull was developed in Thailand as an energy drink for truck drivers.

- Georg Gartner, a German POW, escaped his American prison camp near the end of World War II and lived in America for 40 years under a fake name before finally confessing his true identity on "The Today Show."

- History's longest prison sentence, a whopping 384,912 years, was given to a mailman – for not delivering the mail.

- Johnny Depp dropped out of high school to become a rock musician. When he attempted to return two weeks later, the principal told him

to follow his dream of being a musician.

- A shopping center in Zimbabwe uses an air conditioning system inspired by African termite hills. Ventilated and cooled by natural means, it uses less than 10% of the energy of a conventional building its size.

- The largest-known bird nest belonged to a pair of bald eagles and measured 9 feet wide by 20 feet deep, with an estimated weight of 4,400 pounds.

- Colorblind people tend to have better night vision and can sometimes see a luminosity of colors that normal-sighted people can't. As a result, the U.S. Army discovered that they could perceive camouflage colors that are difficult for those with normal color vision to see, giving them the unique ability to better make out hidden enemies at night.

Thought for the Day: "If you are working on something that you really care about, you don't have to be pushed. The vision pulls you." – Steve Jobs

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Now here's a tip!

by Jo Ann Derson

- My dogs stay outside most of the day now, while the weather is so nice. We bring them indoors when it gets too hot, but for a treat, we will freeze a plastic cup of ice and then chuck the giant "ice block" on the porch. They lick at it and play with it. It's like a little doggie waterpark when they are done. – M.E. in Ohio

- Finding a summer camp for your kids can be a chore. Check with your child's school and school friends for recommendations. Also, see if your city's recreation department is holding any camps. Some county extension offices (agriculture department) offer camps. Many of these are reasonably priced. Check into them now.

- I have a tip for you. When pouring water in your coffee pot, use a 4-inch funnel by placing it in the tank. Helps not spill water. Pour slowly! – P.T. in Illinois

- To keep the kitchen garbage can from smelling, put meat, vegetables, fruit and peelings in a bread bag, and put it in the freezer until you take it outside for the garbage collector. – E.L. in Virginia

- Keep fast-food coupons in your car's glove compartment. They will be there if you need to go to a drive-through, and will be handy for picking up dinner on the way home. If you need them at home, chances are your car is there anyway! – F.D. in Alabama

- Got paper recycling? More and more schools are using paper recycling as a means to fundraise. Don't have a kid in school? Drive by and look for a dumpster or bin that's labeled. Odds are good you might find one. If you don't, ask!

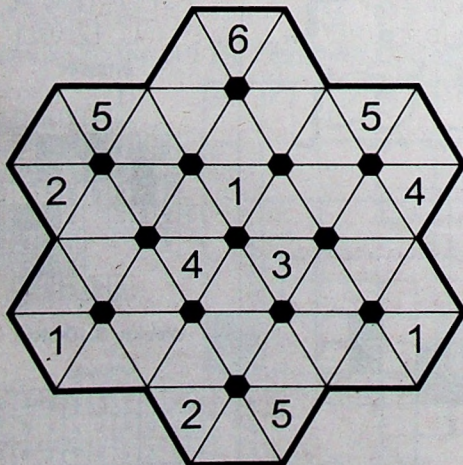
Send your tips to *Now Here's a Tip*, 628 Virginia Drive, Orlando, FL 32803.

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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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STICKELERS

by Terry Stickels

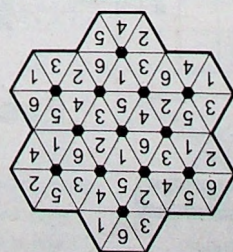
Can you match the words on the left with their meanings on the right?

- | | |
|----------------|-------------------------------------|
| 1. vanguard | a. an underground bar or restaurant |
| 2. wraith | b. to change into bone |
| 3. ossify | c. a ghost |
| 4. rathskeller | d. the leaders in a movement |
| 5. crinoline | e. a coarse, stiff cloth |

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SNOWFLAKES

solution



Stickelers Answer

Go Figure!
answers

24	19	16
26	9	8
x	-	x
20	2	x
÷	x	-
23	8	3

1-d, 2-c, 3-b, 4-a, 5-e

Super Crossword

"OH GEEZ!"



by Dana Jackson

Q: Whatever happened to the TV show "UnREAL," which was a parody of "The Bachelor"? I thought it was really good, and not overly silly. Is it coming back? — H.T.

A: "UnREAL" originally aired on the Lifetime network for three seasons before concluding with a short fourth and final season on Hulu. It starred Shiri Appleby ("Roswell") as a young producer of a "Bachelor"-style reality show titled "Everlasting." She was directed by an even more unscrupulous executive producer behind the monitors, played by Constance Zimmer.

"UnREAL" was based on the short film "Sequin Raze," which was directed by Sarah Gertrude Shapiro, who once was a field producer on ABC's "The Bachelor." "UnREAL" ended up winning a Peabody Award "for illustrating how masterfully parody can work when it shines its light fearlessly and for smartly blending the dichotomy between high and low culture."

Hulu didn't order any new episodes after the fourth season in 2018, and a return doesn't seem to be in the works. Appleby recently had a role in the Reese Witherspoon rom-com "Your Place or Mine," but has been more busy directing than acting, having recently di-

rected several episodes of the sitcoms "Young Sheldon" and "Grown-ish." Zimmer, too, had found herself drawn to leadership positions behind the lens. She's returning to Lifetime to direct her first feature-length film, "Boy in the Walls." She also was a regular on the ABC series "Big Sky," a show that remains in limbo as it hasn't been canceled or renewed.

Q: Is the police drama "The Rookie" with Nathan Fillion connected in any way to "The Recruit"? My friend told me they were created by the same person. — A.P.

A: It's true that producer Alexi Hawley created both ABC's "The Rookie" and Netflix's "The Recruit," but they are not a shared "universe," according to PopCultureReferences.com. "The Recruit" stars Noah Centineo as an attorney who finds himself in the midst of some international drama involving the CIA, while "The Rookie" stars Nathan Fillion ("Castle") as a member of the LAPD. "The Rookie" does, however, have a spinoff series on ABC titled "The Rookie: Feds," which stars Niecy Nash-Betts ("Dahmer — Monster: The Jeffrey Dahmer Story"). It stands a good chance of lasting as long as its predecessor, which was recently renewed for a sixth season.

Q: Is the beautiful New York City apartment building in the series "Only Murders in the Building" a real place, or is it a set? — C.C.

A: It's a combination of both. What is known as the Arconia



(From left) Constance Zimmer, Shiri Appleby and Craig Bierko ("UnREAL")

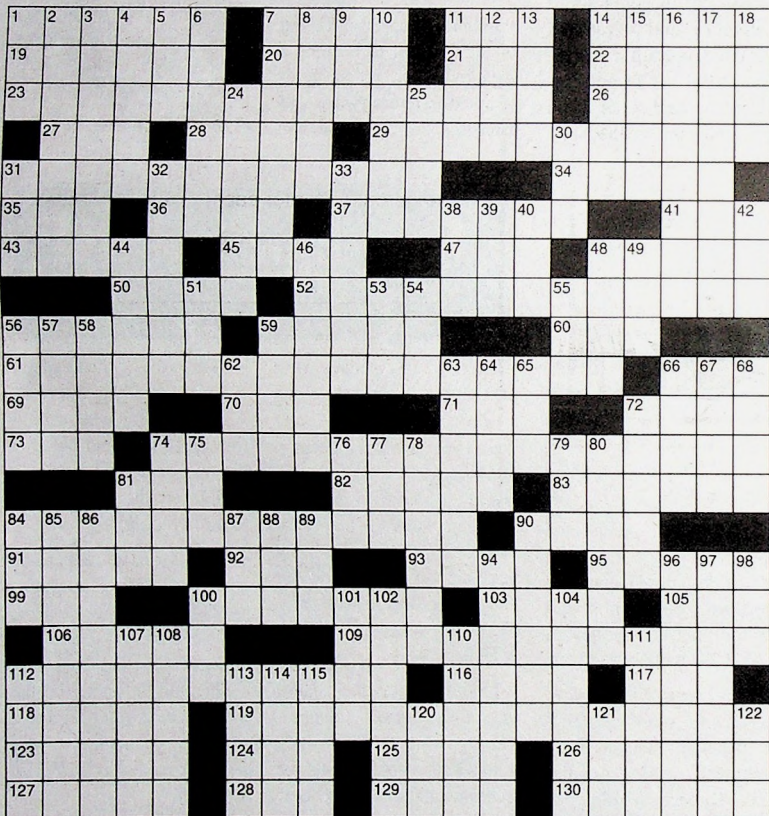
Photo Courtesy of A+E Studios

on the series is a real residential building in Manhattan, located at 86th and Broadway, but it's called the Belnord. It earned recognition when it was listed on the National Register of Historic Places back in 1980, and currently, the apartments — which are being converted into condos — cost as high as \$11 million. The Belnord is only used for exterior shots on the Hulu series, while the inside scenes where Steve Martin, Martin Short and Selena Gomez's characters live are actually filmed on a set in the Bronx.

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFW5, 628 Virginia Drive, Orlando, FL 32803.

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- ACROSS**
- Gets married again
 - Playmate for Spot
 - Fed. loan agency
 - The — & the Papas
 - Greek Muse of astronomy
 - Take way too much of, for short
 - That lady
 - Scarlett of Tara
 - Equipping a ranch with light, horse-drawn vehicles?
 - Anatomical sacs
 - Playa — Rey
 - Qatari capital
 - Brie exposed to heat?
 - Cooing bird wearing fancy duds?
 - Port in Iraq
 - "I'm — loss"
 - Dark film style
 - Forest cats
 - Bar brew
 - Months before Oct.
 - Pre-Q queue
 - Prez Lincoln
 - Furrier John Jacob —
 - Safe sword
 - Question about one's relentless following skills?
 - Thinks alike
 - Sch. in the Nutmeg State
 - Saturated
 - Royal daughter who always moves with short, quick motions?
 - Berlin article
 - Effortless
 - Prefix with chic or tourist
 - Love-letter "hugs"
 - Cab
 - Indigo, e.g.
 - Goose flocks making people chuckle?
 - Suffix with event or context
 - Wove rattan into
 - Tire marks
 - Big brown beast seeking handouts of salmon?
 - Steak or ham
 - Claire (magazine)
 - Berlin article
 - Children's author Madeleine L'—
 - Abbr. for a handy person
 - Refused the request
 - Blast from a lighthouse
 - Pet collar attachment
 - Homer Simpson cry
 - "Be right there"
 - Carpet style
 - Big icy chunk
 - Gls' force
 - Coffee flavor
 - "Now I remember"
 - Italian sports car
 - Cultural exhibition hall
 - Encl. with a manuscript
 - "Can't, I'm already late"
 - Diminish
 - "MacGyver" network
 - Faux — (slip)
 - Without assurance of payment
 - Disappear as if by magic
 - On the — (hiding out)
 - Kobe sash
 - Rock singer Nugent
 - Bit of work
 - Itty-bitty
 - "Wow, neat!"
 - Gets mature
 - Cpl.'s boss
 - Austin-to-Houston dir.
 - Dir. opposite
 - 51-Down
 - Santa — winds
 - Be a debtor
 - Impersonated
 - Silver-haired
 - Increase
 - Gp. patrolling shores
 - Division: Abbr.
 - Errand runners
 - Top Olympic medal
 - Mauna —
 - Info to input
 - Chopped down
 - Knights, e.g.
 - Eta-iota link
 - Look intently
 - Wholly
 - Heart chart, in brief
 - AFTRA (showbiz union)
 - Due to waging
 - Sport — (off-roader)
 - Good egg rating
 - Israeli weapon
 - ABC a.m. show, for short
 - Police vehicle scandal
 - Positive vote
 - Auction offer
 - Doc treating sinusitis
 - Ski resort in S. Vermont
 - Most ogreish
 - Cartoon gorilla of 1960s TV
 - Lions, 49ers or Steelers
 - Canonized Fr. woman
 - Cotillion gal
 - "That's — haven't heard!"
 - & Noble
 - Scampi food
 - Inuit dwelling
 - Greenish-blue colors
 - Accord maker
 - Be choked by
 - Merely OK
 - Sci-fi vehicles
 - Overhaul
 - Fed. agents
 - U.S. "Ltd."
 - long way
 - Na Na



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Even Exchange by Donna Pettman

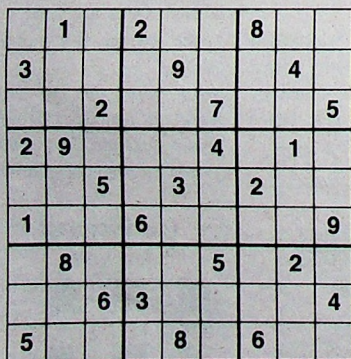
Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|---------------------|-------------|--------------------|-------------|
| 1. Measly | — L — — — | Food cabinet | — N — — — |
| 2. Sheriff's brooch | — D — — — | Flat-bottomed boat | — R — — — |
| 3. Group of sheep | — L — — — | Dress | — R — — — |
| 4. Customer | — — — R — — | General George | — — — T — — |
| 5. Weather forecast | — — — — R | Tidy up | — — — — N |
| 6. Popeye's job | S — — — — | Clothes maker | T — — — — |
| 7. A little nuts | — — — T — — | Unskilled | — — — I — — |
| 8. Spooky TV butler | — — — R — — | Second meal | — — — N — — |
| 9. Pop star Cyrus | — — — — Y | Odometer tally | — — — — S |
| 10. Gawked | — T — — — — | Fearful | — C — — — — |

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Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

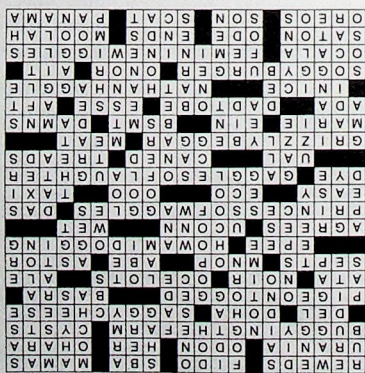
DIFFICULTY THIS WEEK: ♦♦♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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Super Crossword

Answers

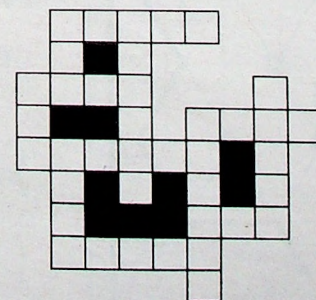


Even Exchange answers

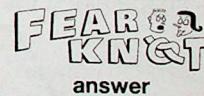
- | | |
|-------------------|--------------------|
| 1. Pally, Panty | 5. Clear, Clean |
| 2. Badge, Barge | 4. Patron, Patton |
| 3. Flock, Frock | 8. Lunch, Lunch |
| 7. Mental, Mental | 9. Milley, Miles |
| 6. Sailor, Tailor | 10. Stared, Stared |



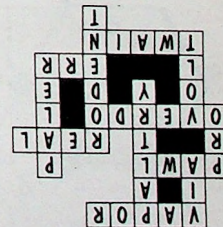
- OPR
DOTNER
PRAVO
TVLO
♥TYPLAR
RER
WALP
♥ARPLE
IVA
RODVOE
ANWIT
♥ELRA



Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.

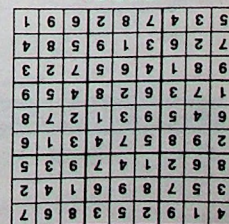


answer



Weekly SUDOKU

Answer



Amber Waves

LIFE HAS JUST GOTTEN SO BORING AROUND THE FARM.

I THINK IT'S HIGH TIME WE BOTH GO PACK UP AND CLEAR OUT... HIT THE ROAD...

MAYBE "FLY THE COOP"?

WOW, DID ANYONE NOT SEE THAT ONE COMING?

by Dave T. Phipps



Preventing Ear Infections in Dogs

DEAR PAW'S CORNER: My German Shepherd puppy, Max, seems to get an ear infection every other week. He's miserable, shaking his head from side to side. And he hates having ear drops put in – a job that gets more difficult the larger he gets! How can I stop the constant ear infections? – Betsy J., Syracuse, New York

DEAR BETSY: Dogs can be very prone to ear infections. The shape of their ear canal is the most likely reason. Allergies and ear mites vie for the title of top irritant in a pet's ear canal. The symptoms are probably very familiar to you. Dark discharge from the ears, accompanied by an unusual, dank odor, frequent head shaking, scratching at the ears, and perhaps some scabbing of the outer ear. A veterinarian can

pinpoint redness and swelling inside the ear canal as well. Treatment should always start at the veterinarian's office. There, cleaning and disinfection of the ear will be done, and then your dog will likely be prescribed medication – typically eardrops – to be administered for up to 10 days. After treatment is complete, you'll want to prevent future infections by gently cleaning Max's ears with an ear cleaning solution for dogs and cotton balls (not Q-tips). Getting a big dog to hold still for treatment can be a struggle. Here's one method: If he's very reactive, try to stand over Max with one leg on each side and his head facing forward, away from you. Hold him under his muzzle and apply the medication or cleaning solution to one ear and massage the base of the ear for 30 seconds. Let go of his muzzle and allow him to shake his head. Repeat on the other side. Finish by gently swiping the ear canal with cotton balls.

Send your tips, comments or questions to ask@pawscorner.com.
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Out on a Limb

KIND OF CUTE...

COUPLE'S MASSAGE

KIND OF CREEPY...

TRIPLET'S MASSAGE

by Gary Kopervas

Americanisms



"The life of the nation is secure only while the nation is honest, truthful, and virtuous."
— Frederick Douglass

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Just Like Cats & Dogs

by Dave T. Phipps

AHH YES, THE 4 SEASONS- SUMMER, FALL, WINTER AND GARAGE SALES.

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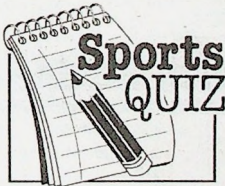
WORD LADDERS

Can you go from BRAID to GRIPS in 6 words? Change one letter for each rung in the ladder.

BRAID

GRIPS

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by Ryan A. Berenz

Soccer League team has Natalie Portman, Eva Longoria, Mia Hamm and Serena Williams among its owners?

1. The James Mortimer Memorial Trophy is awarded in what sporting event?
2. In 2022, Marcus Ericsson became the second driver from Sweden to win the Indianapolis 500. Who was the first?
3. Name the English-Moroccan mixed martial arts fighter who was convicted for masterminding the 2006 Securitas depot robbery, the biggest cash heist in U.K. history.
4. What tennis player from Russia won the 2021 U.S. Open men's singles title?
5. What National Women's

6. What wide receiver from the University of Virginia was selected 10th overall in the 1991 NFL Draft by the Detroit Lions?
7. What North Carolina military installation was the site of a 2016 regular-season game between the Atlanta Braves and Miami Marlins?

Answers

1. The Westminster Kennel Club Dog Show (for Best in Show if the winner is American-bred).
2. Kenny Brack (1999).
3. "Lightning" Lee Murray.
4. Daniil Medvedev.
5. Angel City FC.
6. Herman Moore.
7. Fort Bragg.

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WORD LADDER Answer

GRIND, GRINS, GRIPS, BRAID, BRAND, GRAND,

SCRAMBLERS

solution

MOTHER

Today's Word
3. Custom: 4. Clamor
1. Secret 2. Speech

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Covert

CRESTE

Talk

SCHEEP

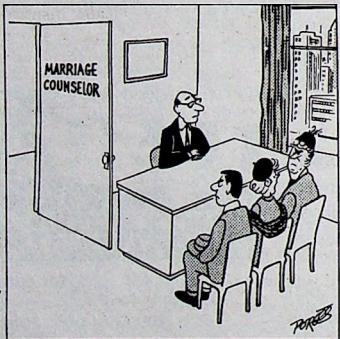
Practice

MUSCOT

Noise

CARMOL

TODAY'S WORD



"He wants you to wait outside, _____!"

Micro Crossword By Elizabeth C. Gorski

Across

- 1 Fess up
- 6 Pledged an oath
- 7 "The West Wing" creator Sorkin
- 8 April 1 foolery
- 9 "Sparks _____" (Taylor Swift song)

1	2	3	4	5
6				
7				
8				
9				

Down

- 1 CEO's "I need it yesterday!"
- 2 _____ planet
- 3 Word with "dilemma" or "compass"

- 4 Sardonic literary device
- 5 6.2-mile race

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STREAMING SOURCE

Here's what to watch and where to watch it for the week of May 8, 2023

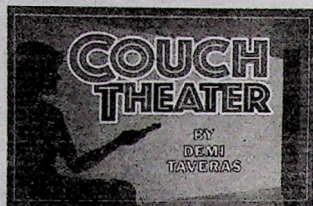
- ON NOW: "Menendez + Menudo: Boys Betrayed" (Docuseries) – Peacock
- ON NOW: "Bupkis" (Season 1) – Peacock
- ON NOW: "Jimmy O. Yang: Guess How Much?" (Comedy Special) – Amazon Prime Video
- 9-May: "Hannah Gadsby: Something Special" (Comedy Special) – Netflix
- 10-May: "Class of '09" (Limited Series) – Hulu
- 10-May: "African Queens: Queen Cleopatra" (Docuseries) – Netflix
- 12-May: "Still: A Michael J. Fox Movie" – AppleTV+
- 12-May: "The Great" (Season 3) – Hulu
- 12-May: "The Mother" (R) – Netflix
- 12-May: "City on Fire" (Season 1) – AppleTV+

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Micro Crossword Answer

Y	F	
N	R	A
N	O	A
E	R	S
T	O	A

MORE SUN FUN



"White House Plumbers" (TV-MA) — Woody Harrelson and Justin Theroux lead a new five-part miniseries surrounding the two masterminds in the Nixon Administration who were behind the Watergate scandal. Harrelson plays E. Howard Hunt, who teams up with Theroux's G. Gordon Liddy to join the committee responsible in ensuring that Nixon gets reelected for his second term. The pair are tasked with plugging press leaks and, in turn, end up accidentally sabotaging their president in the process. The first part of this satirical political drama is out now, with the four remaining parts releasing every Monday for the rest of May. (HBO Max)

"Fatal Attraction" (TV-MA) — The 1987 classic film starring Michael Douglas and Glenn Close has been readapted for a limited series on the small screen. Joshua Jackson ("Little Fires Everywhere") steps into the role of Dan Gallagher, a married man who starts a steamy love affair with a woman named Alex Forrest. However, Alex, played by Lizzy Caplan ("Masters of Sex"), continues to latch on to Dan after he decides to end their affair. As the iconic line goes, Alex isn't a woman who is "going to be ignored," even if it unsettles Dan's entire life. The first three episodes of the seven-episode series are out now. (Paramount+)

"Queen Charlotte: A Bridgerton Story" (TV-MA) — The "Bridgerton" franchise continues to expand, which means more high-society gossip, drama and romance coming

your way! This prequel spinoff of the original "Bridgerton" series follows Queen Charlotte's rise to power as she is arranged to marry King George III. The young Charlotte must attempt to solidify her position as queen on top of an overbearing mother-in-law in Princess Augusta, learning how to handle the nuances of politics and having a powerful new husband. (Should be easy enough.) All six episodes of Shonda Rimes' latest creation release on May 4. (Netflix)



Courtesy of HBO Max

Justin Theroux, left, plays G. Gordon Liddy and Woody Harrelson is E. Howard Hunt in "White House Plumbers."

"Alone at Night" (TV-18+) — In this slasher film hitting streaming services on May 5, Ashley Benson ("Pretty Little Liars") stars as Vicky, a webcam worker who decides to quarantine in a cabin out in the woods after her ex-boyfriend kicked her out of her place. While Vicky continues to model for clients in the cabin, one of her anonymous clients becomes increasingly creepier, and the power in her cabin keeps going out at the same time. (We all know how this goes.) As more odd things take place around the cabin, Vicky's paranoia grows, but it's up to her — and a very unserious sheriff played by Pamela Anderson — to face a potential murderer head-on. The rest of the cast of this campy horror film include Paris Hilton and rapper G-Eazy. (Prime Video)

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Contract Bridge

COMEDY OF ERRORS

East dealer.

East-West vulnerable.

NORTH

♠ K Q 7 6 3
♥ 9 6
♦ K 7 3
♣ Q 9 4

WEST

♠ 5 2
♥ Q 8 4 2
♦ J 10 9 6 4
♣ J 8

EAST

♠ J 10 9 8 4
♥ K J 3
♦ —
♣ A 10 7 3 2

SOUTH

♠ A
♥ A 10 7 5
♦ A Q 8 5 2
♣ K 6 5

The bidding:

East	South	West	North
Pass	1♦	Pass	1♠
Pass	2♥	Pass	2♠
Pass	3NT		

Opening lead — five of spades.

All sorts of weird goings-on occur in world championship events. Players are at times seized by wild flights of fancy in the bidding or play, or make errors that even a beginner wouldn't make, and these aberrations often lead to unusual results that become the basis for amusing — and sometimes hair-raising — stories.

Consider today's deal from a match between Peru and Switzerland. The Peruvian South got to three notrump, and Swiss star Jean Besse led the five of spades.

Declarer won with the ace and, real-

by Steve Becker

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Puzzles4Kids

by Helene Hovanec

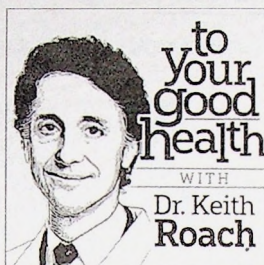
WORD FUN

Study the two words on each line to find the ONE letter in the left column that is NOT in the word in the right column. Write the extra letter on the blank space. Then read DOWN to answer this riddle:

WHAT IS A POTATO'S FAVORITE TV SHOW?

PISTON	—	POINT	PILOTS	—	SPOIL
SETTER	—	TREES	SHOWER	—	WHOSE
REPAID	—	PRIDE	EASTER	—	STARE
ACTORS	—	COAST	MARKED	—	DREAM
COLONY	—	LOONY			
WREATH	—	WATER			

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Exercise Builds Strength and Improves Limits in Those With Arthritis

DEAR DR. ROACH: I so appreciated your recent column on arthritis, specifically osteoarthritis. I'm a big exerciser; however, I have always heard that this arthritis is caused or exacerbated by wear and tear. I was surprised to hear otherwise!

I have modified or given up a handful of exercises that seem to cause my joints more pain, specifically full-body weight-bearing on my wrists. Are these exercises I can incorporate back into my routine? I have found that certain activities, i.e. card shuffling, but-toning, etc., hurt my thumbs, so I have made adaptations. Should I work through the pain, assuming that I am not causing any more damage to my joints?? -- L.D.

ANSWER: Most exercise is not damaging to joints, but high-impact or high-frequency activities can certainly worsen arthritis pain.

For arthritis of the knees and hips, I recommend walking as the best exercise, starting slow and building up based on what a person can tolerate. It's the movement, not the resistance, that's most important, so swimming (or just walking in a pool) is a great option for people who feel too much pain from walking.

For the smaller joints of the hands and wrists, I would recommend activities that don't hurt you as much. Stretching the joints and movements like squeezing are a good place to start. You might consider a "stress ball" or a hand therapy ball to provide some resistance and build up hand strength.

Adapting your activities to your limitations is a good idea, but you also want to work on improving those limitations. A physical or occupational therapist is your best partner in designing a program.

Don't forget that over-the-counter topical anti-inflammatory medicines, like diclofenac, are pretty effective with small joints

and are very safe.

DEAR DR. ROACH: Would you discuss the difference between rheumatoid arthritis and the ankylosing spondylitis? -- S.Y.

ANSWER: Both rheumatoid arthritis and ankylosing spondylitis are uncommon (each affecting about 1% of the population), inflammatory, multi-system diseases. RA affects the synovium (the lining of the joint) and tends to affect the hands first, but it can affect nearly any joint. The major area of activity of AS occurs where bones connect to ligaments, cartilage and tendons.

There is an auto-immune component to both diseases. Without treatment, RA leads to joint deformities, whereas AS causes new bone formation, leading to pain and reduced movement of the joints. The back and neck are most often affected in AS, but the hips and other joints may also be affected.

RA is treated early and aggressively with disease-modifying agents, such as methotrexate and hydroxychloroquine, or with biological agents.

Physical therapy is useful in RA, but is a mainstay of therapy with AS. Medications are often needed in AS, usually starting with anti-inflammatory drugs and progressing to more potent agents if needed. About 30% will need biological agents, whereas 94% of people with RA need a disease-modifying drug.

A rheumatologist is the expert for both conditions, and a person with either condition should be referred to an expert as soon as the diagnosis is made.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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Puzzles4Kids

Answer

DREAM	K	MARKED
STARE	E	EASTER
WHOSE	R	SHOWER
SPOIL	T	PILOTS
WATER	H	WREATH
LOONY	C	COLONY
COAST	R	ACTORS
PRIDE	A	REPAID
TREES	T	SETTER
POINT	S	PISTON

SENIOR NEWS LINE

by Matilda Charles

The Heavy Lifting of Pet Ownership

For seniors, there are several questions that arise when we consider whether we should adopt another pet after the death of a long-loved companion. There's the scary thought of potential veterinary bills or whether we should own a dog that needs to be walked every day. Or maybe we think of adopting a young cat who will likely outlive us or an elderly cat who probably won't.

I firmly believe, however, that when it comes to deciding about adopting a pet that the biggest potential problem comes down to heavy lifting.

The rule of four, I call it: There are four likely scenarios wherein, without intervention or assistance, heavy lifting is required.

For the economical 40-pound bag of dog chow, I would need to lift it into the shopping cart, put it on the conveyor belt at checkout, get it into the car and once home, get it into the house. That's four liftings.

This applies to even the 20-pound jug of cat litter. I do the math: 4 times 20 equals 80 pounds I'd be lifting without interventions.

Interventions can take the shape of a strong teenage boy angel who happens to walk by in the pet supplies aisle; a store clerk who gets down cat litter from a very high shelf; checkouts with a radar gun on a stretchy cord that will reach to the cart to scan the bar code; and big neighbors who happen to be strolling by just as I'm pulling in my driveway.

Without luck, however, there have been too many times when all four liftings have been required. I suffer the next day.

I have decided to cut my pet-related lifting down to none. I have signed up for home delivery at two stores, never mind the expense. It's worth every penny to see other people walk up my driveway carrying the heavy items, fully appreciative of the fact that I don't have to do any lifting whatsoever.

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1. Name Bread's first No. 1 song.
2. Which group released "Have You Seen Her"?
3. Who topped the charts with "So Emotional"?
4. Which artist wrote and released "Fire Lake"?
5. Name the song that contains these lyrics: "I find myself in a strange situation and I don't know how, What seemed to be an infatuation is so different now."

Answers

1. "Make It With You," in 1970. The song ranked as No. 13 of all songs that year. The group's name was created when they were stuck in traffic behind a bread truck.
2. The Chi-Lites, in 1971. Narration begins and ends the song as the speaker tells his tale of lost love, but radio stations deleted the spoken parts when the song was played.
3. Whitney Houston, in 1987. It was Houston's sixth No. 1 song in a row, which put her in a tie with the Bee Gees and the Beatles for most consecutive No. 1 songs. The next year she broke her own record and netted No. 7 with "Where Do Broken Hearts Go?"
4. Bob Seger, in 1980.
5. "I Don't Want to Live Without You," by Foreigner in 1988 on their "Inside Information" album. As a single, the song climbed to No. 5 on the Hot 100 chart.

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BBB: Protect Yourself From Resume Scams

By BETTER BUSINESS BUREAU

To find the job of your dreams, you need a well-crafted resume, right?

According to recent Scam Tracker reports, con artists have devised yet another way to trick job seekers out of money and personal information. If you are asked to pay to reformat your resume for a company's applicant tracking system (ATS) during your job search, think twice before you agree. This scam is convincing because many companies use software to

automate resume reviews.

How the scam works

You're contacted by a headhunting company that found your information on LinkedIn or a job search website. They claim you are an excellent candidate for a well-paying position they are looking to fill. You must send them your resume and do a virtual interview.

The request seems reasonable, so you email them your resume. Shortly afterward, they contact you letting you know they received the resume, but it isn't properly formatted for their Ap-

plicant Tracking System (ATS). Now, the "recruiter" directs you to a website where you can get the resume reformatted.

You visit the website, where you find out you'll need to submit personal information and make a payment for the service. If you accept, you'll receive a "formatted" resume that doesn't look much different from your original resume - if you receive anything at all. The formatting service is a dishonest scheme to get your money and personal details. The job you're ap-

plying for doesn't even exist.

How to protect yourself from resume scams

- **Research the job offer.**

If you get a job or interview offer, especially one that sounds too good to be true, research it. Visit the company website or call them to see if a job posting or opening exists. If a third-party headhunter contacts you, research that company or service. Look for any reports of suspicious activity or scams. If you can't find a legitimate website or contact information, think twice before you message them back.

- **Never pay to get a**

job. If someone says paying for resume formatting will guarantee you a job - or even just paying a fee in general - don't believe it.

- **Guard your personal information.** Don't be quick to share your details. Scammers may insist they need payment information to fix your resume or bank details to set up a direct deposit before you've even been interviewed. These are common scam tactics that put you at risk for identity theft.

BBB Accredited Businesses promise to adhere to BBB's Standards for Trust, so look for the BBB Accred-

ited Business Seal. It's the Sign of a Better Business.

- **Format your resume before you send it.** If you are worried about ATS formatting, Forbes recommends using traditional and simple fonts. Don't include extra colors, tables, and charts. Spell out acronyms. And submit your resume as a Word doc instead of a PDF. These are easy "fixes" you don't need to pay for.

- **Report job scams.**

If a scammer contacts you through LinkedIn, report them to the platform. Learn more about spotting scams on LinkedIn.

INVITATION TO BID

CITY OF QUINCY, MASSACHUSETTS
Department of Public Works

INVITATION TO BID

The Department of Public Works for the City of Quincy, Massachusetts is seeking sealed bids for **FY23 Sewer Improvements - Contract 2** until **12:00 p.m. local time May 18, 2023**, in the offices of the Purchasing Department, 1305 Hancock St., Quincy, Massachusetts 02169, at which time and place all bids will be publicly opened and read aloud.

The work under this contract includes, but is not limited to, sewer pipe and manhole rehabilitation work including installation of cured-in-place gravity sewer pipe in various sizes throughout the City of Quincy; open cut sewer pipe repair, backfilling and paving; and all materials, equipment, services and construction inherent to the work. All work under this contract shall be substantially completed within 180 calendar days. Post Substantial Completion Punchlist (all work except Warranty Inspection and final paving) complete within 210 calendar days from the commencement of Contract Time and Warranty Inspection and final paving complete (ready for final payment) within 14 calendar days prior to expiration of the Warranty Period (351 days from Substantial Completion).

A non-mandatory pre-bid conference will be held at **1:00 p. m. local time on May 11, 2023**, at 55 Sea Street, Quincy, MA 02169. Bidders are encouraged to attend and participate in the conference.

Detailed specifications are available on-line at the City of Quincy's website, www.quincyma.gov and also available at the Office of the Purchasing Department, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 a.m. and 4:30 p.m. **Specifications will be available May 3, 2023.** All inquiries should be emailed to klogan@quincyma.gov and cc: mmarini@quincyma.gov by May 12, 2023 at 12:00 p.m.

Each Bid shall be accompanied by a Bid security in the amount of five percent (5%) of the total value of the Bid in the form of a Bid bond or certified/treasurer's check.

The bidding and award of this contract shall be in full compliance with Massachusetts General Laws, Chapter 30, Section 39M, as last revised, all Federal, State and City of Quincy regulations and is subject to the minimum wage rates set under the Massachusetts Prevailing Wage Law Chapter 149, §26 to 27H and Federal Minimum Wage Rates as determined by the United States Department of Labor under the Davis-Bacon Act. The City reserves the right to waive any informality in or to reject any or all Bids when such an action is deemed in the best interests of the City.

This Project is to be funded in part with monies made available by the Clean Water State Revolving Fund (SRF) and is to be funded in part by the Massachusetts Clean Water Trust (the "Trust"), and compliance with the following is required: Environmental Protection Agency's (EPA) Diesel Retrofit Program; EPA/Massachusetts Department of Environmental Protection (MassDEP) Division of Municipal Services (DMS) Disadvantaged Business Enterprise Program; the American Iron and Steel requirements of P.L. 113-76 (the Consolidated Appropriations Act of 2014); the Build American, Buy America (BABA) requirements; Davis-Bacon Act and wage requirements; and other MassDEP/DMS provisions and policies.

NOTE: The Build American, Buy America (BABA) Act requirements are waived for this Project. Disadvantaged Business Enterprise (DBE) goals are applicable to the total dollars paid under the resulting construction Contract. The goals for this Project are a minimum of 4.20 percent D/MBE participation and 4.50 percent D/WBE participation by certified DBEs. The two lowest responsive Bidders shall submit completed DBE forms (EEO-DEP-190C & EEO-DEP-191C and DBE Certification of United States Citizenship form) by close of business on the third business day after Bid opening. Failure to comply with these requirements may render a Bid non-responsive. No waiver of any provision of the D/MBE & D/WBE Requirements will be granted unless approved by the MassDEP.

Non-responsive and/or unbalanced Bids may be rejected.

Thomas P. Koch
Mayor
5/4/23

Kathryn R. Logan
Purchasing Agent

Alfred J. Grazioso
Commissioner of Public Works

INVITATION TO BID

CITY OF QUINCY, MASSACHUSETTS
Department of Public Works

INVITATION TO BID

The Department of Public Works for the City of Quincy, Massachusetts is seeking sealed bids for **SIDEWALK REPAIRS 2023** until **12:30 p.m.**, local time **Thursday, May 18, 2023**, in the Office of the Purchasing Department, 1305 Hancock Street, Quincy, Massachusetts 02169, at which time and place all bids will be publicly opened and read aloud.

The City of Quincy Massachusetts will accept sealed bids for improvement of the sidewalks and for the safety of pedestrian traffic. The estimated value of the contract is \$350,000.00. A 5% Bid Bond is required. All work under this contract shall be substantially completed by November 1, 2023, and all work shall be ready for final payment by November 15, 2023.

The Bidder **must** be pre-qualified by the Massachusetts Department of Transportation for Highway Construction.

All inquiries must be received via email to klogan@quincyma.gov and cc: mmarini@quincyma.gov thru May 12, 2023 by 12:00 p.m.

Detailed specifications are available on-line at the City of Quincy's website, www.quincyma.gov and also available at the Office of the Purchasing Department, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 AM and 4:30 PM. Specifications will be available May 3, 2023, at 10:00 a.m.

The bidding and award of this contract shall be in full compliance with Massachusetts General Laws, Chapter 30, Section 39M, as last revised. All applicable Federal, State and City of Quincy regulations in relation to and subject to the minimum wage rates set under the Massachusetts Prevailing Wage Law Chapter 149, §26 to 27H and/or any applicable federal rates. The City reserves the right to waive any informality in or to reject any or all bids when such an action is deemed in the best interests of the City.

Non-responsive and/or unbalanced bids may be rejected.

Thomas P. Koch
Mayor
5/4/23

Alfred J. Grazioso
Commissioner

Kathryn R. Logan
Chief Procurement Officer

INVITATION TO BID

CITY OF QUINCY, MASSACHUSETTS
Department of Natural Resources

Thomas P. Koch
Mayor

INVITATION TO BID

The Department of Natural Resources for the City of Quincy, Massachusetts is seeking sealed bids for the **Re-Bid Fall Tree Planting Project** until **11:30 a.m. local time Thursday, May 18, 2023**, in the Office of the Purchasing Department, 1305 Hancock Street, Quincy, Massachusetts 02169, at which time and place all bids will be publicly opened and read aloud. All bids shall include one (1) original hardcopy and one (1) thumb drive of all information submitted. All inquiries are due no later than Friday, May 12, 2023 at 12:00 p.m. and should be directed to Kathryn Logan, Chief Procurement Officer, by email to klogan@quincyma.gov and cc: mmarini@quincyma.gov.

The work under this contract shall consist of the furnishing and planting of approximately 400 new trees of varying species and related work at various locations. In addition, the following related items shall be included in the scope of work: cutting and excavation of tree pits; the watering and maintaining of the trees; preparation of planting soil mix and fertilizer additions; installation of bark mulch; and fine grading of planted areas.

All work under this contract shall begin by September 20, 2023, and be substantially completed by December 1, 2023, and all work shall be ready for final payment by December 15, 2023.

Detailed specifications will be available online at the City of Quincy's website www.quincyma.gov and can also be made available at the Office of the Purchasing Department, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 a.m. and 4:30 p.m.

Each bid shall be accompanied by a bid security in the amount of five percent (5%) of the total value of the bid in the form of a bid bond or certified/treasurer's check.

The bidding and award of this contract shall be in full compliance with Massachusetts General Laws, Chapter 30, Section 39M, as last revised. All Federal, State and City of Quincy regulations and subject to the minimum wage rates set under the Massachusetts Prevailing Wage Law and/or any applicable federal rates. The City reserves the right to waive any informality in or to reject any or all bids when such an action is deemed in the best interests of the City.

Non-responsive and/or unbalanced bids may be rejected.

Thomas P. Koch
Mayor
5/4/23

Kathryn R. Logan
Chief Procurement Officer

David Murphy
Commissioner
Department of Natural Resources

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In 2nd Year, Quincy College Baseball Making Solid Strides



THE QUINCY COLLEGE baseball team features student athletes from across the South Shore and Eastern Mass. and from as far away as Connecticut. The Granite has caught fire in the second half of its season and now boasts a 10-12 overall record. Front row (from left to right): Anthony Franco, Bubba Tilton, Craig Sandler, Mike Scibilio, Cole Perkins, Vinny Payzant and Jaiden Avila-Rosa. Back row (left to right): Aidan Laird, Coach Jim Dolan, Kevin O'Brien, Will O'Brien, Dave Noble, Jack Afanisaw, Anthony Ferriera, Joe Hennessy, Mitch Murphy, Jon St. Ange, Coach CJ Golbranson and Coach John Colitti.

Photos Courtesy Matt Domino

In its second season, the Quincy College baseball team is starting to see the results of its hard work pay off.

Last spring, as a first-year program, the Granite finished 4-14. Fast forward to this spring and, after a rough start in NCJAA Region XXI play, Coach Jim Dolan's squad has caught fire, winning 10 of its last 11 games. After a weekend doubleheader sweep of Bunker Hill Community College, the Granite's overall record now stands at 10-12 (9-9 in Region XXI play).

With a roster that features student athletes from across the South Shore and Eastern Massachusetts and from as far away as Connecticut, the Granite have seen key contributions from a trio from close to home: Quincy

Granite Wrap Up Season Saturday With Doubleheader At Adams Field Vs. Northern Essex CC, Mass. Maritime

High School graduates Joe Hennessy, David Noble and team captain Mike Scibilio.

Scibilio, a catcher, has had an outstanding sophomore season, batting .377 with nine extra-base hits and 13 RBI. Next year, he plans to continue his education (and his baseball career) at Framingham State University. Both Hennessy and Noble have had consistent seasons at the plate, contributing timely hits that have

kept their batting averages close to .300.

Weymouth High School graduate Kevin O'Brien — whose brother, Will, is also on the Granite roster — leads the team with a .410 average out of the Designated Hitter spot.

On the mound, first-year righthander Jack Afanisaw from Marshfield is the ace of the staff with a 3-3 record and an impressive 37 strikeouts in a team-leading 34 in-

nings.

"We've got an amazing group that works hard every day and continues to get better," Dolan said. "It's great to see them rewarded for their effort and commitment."

The Granite wraps up its 2023 season with home games on Saturday, May 6 against Northern Essex Community College and Mass. Maritime Academy. The doubleheader at Adams Field begins at 1 p.m.



TEAM CAPTAIN and catcher Mike Scibilio of Quincy has driven in 13 runs and collected nine extra-base hits this season.

Earth Day Celebrations With Save The Harbor/Save The Bay

Nearly 1,000 kids and families from across the city and around the region recently celebrated Earth

Day weekend on Save the Harbor/Save the Bay's annual free Marine Mammal Safaris.

The four free trips were narrated by Save the Harbor's Harbor Historian David Coffin aboard M/V

Massachusetts, which was donated for the day by Massachusetts Bay Lines. The trips departed the Rowes Wharf Ferry Terminal adjacent to the Boston Harbor Hotel, and searched for harbor seals and harbor porpoises from Castle Island and Logan Airport to the USS Constitution in Charlestown.

Executive Director Chris Mancini was delighted with the turnout, which was one of the largest Save the Harbor has seen since beginning their Earth Day weekend Marine Mammal Safari tradition.

"We cleaned up Boston Harbor for all the region's residents, but of course the seals and porpoises really appreciate it too," said Mancini. "It was great to see hundreds of people from all over the area come down to the harbor to experience it up close, even on a cool, windy day."

Save the Harbor's Deputy Director Kristen Barry shared that sentiment as well, reminding participants to follow @savetheharbor on social media, and to join



PASSENGERS ON THE free trips included the Chen family from Quincy.

Courtesy Photo

the group this summer for free "Share the Harbor" and "All Access Boston Harbor" cruises each week to the Boston Harbor Islands, and free events on the region's public beaches from Nahant to Nahant.

Barry said that Save the Harbor's Marine Mammal Safaris and their other Earth Week Programming are possible thanks to the generosity of Massachusetts Bay Lines, The Cronin Group, BXP, the National Grid Foundation, the Mass Cultural Council, and the Massachusetts Department of Environmental Protection. She also thanked the

Champions of their Youth Environmental Education Programs, Bay State Cruise Company, Liberty Mutual Foundation, Blue Cross Blue Shield of Massachusetts, the Department of Conservation and Recreation, Eastern Salt Company, Executive Office of Energy and Environmental Affairs, and JetBlue.

To join the mailing list and receive invitations to upcoming free events and programs on Boston Harbor, the waterfront, the region's public beaches and in the harbor islands, email info@savetheharbor.org.

Five Residents Pull Papers For School Committee

By SCOTT JACKSON

Five residents took out nomination papers to run for seats on the School Committee on Tuesday morning, the first day nomination papers for this fall's municipal election were available.

A total of seven residents had pulled papers as of noon on Tuesday.

Among the five residents to take out nomination papers to run for School Committee were the three incumbents whose seats will be contested this year: Paul Bregoli of Willow Avenue, Kathryn Hubley of Marion Street, and Frank Santoro of Lois Terrace.

Also pulling papers to run for School Committee were Courtney Perdios of Ruggles Street and Liberty Schaaf of Howe Street. Perdios had been appointed to an open seat on the com-

mittee in 2021 and finished fourth in that year's municipal election. Schaaf also ran in 2021, finishing in fifth place.

School Committee members serve staggered four-year terms.

Two incumbent city councillors also pulled papers to run for reelection Tuesday morning: Councilor at-large Noel DiBona of Chickatabot Road and Ward 4 Councilor James Devine of Cross Street.

City councillors serve two-year terms, meaning all nine seats will be on the ballot this year. Incumbent Ward 5 Councilor Charles Phelan Jr. has already announced he will not seek reelection.

This year's election could also include a mayoral race. Neither incumbent Mayor Thomas Koch

nor any potential challenger pulled papers on Tuesday morning.

An updated list of potential candidates will be posted on The Sun's website, thequincysun.com, on Wednesday.

The deadline to return nomination papers to the Board of Registrars is 5 p.m. on July 11 and certified nomination papers, including a statement of candidacy, must be submitted to the city clerk by 5 p.m. on July 25. The deadline for objections to or withdrawals of nomination papers is 5 p.m. on July 27.

The signatures of 50 registered voters are required to run for each office in a municipal election. Residents seeking one of the six ward councillor seats must obtain the signatures from within their ward.

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34th ANNIVERSARY

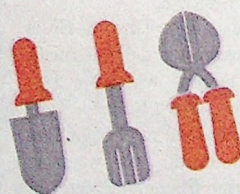
CITY WIDE CLEAN-UP

Saturday, May 6, 2023

9:00 a.m. - 12:00 p.m.

**Mayor's Appreciation Cookout
12:30 p.m.**

**Richard J. Koch Park and
Recreation Complex**



Need Supplies

Pick up supplies on Friday, Noon-3pm and Saturday, 8-10am before the Clean Up!

1 Merrymount Parkway - Park Department Complex

Email Paul Doherty to get on the list!

pdoherty@quincyma.gov | 617-376-1251

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